

Quick  
& Easy  
Grilling  
Guide



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## CONGRATULATIONS!

Whether you are already one of more than a million people using the Turbo Cooker™ and the Turbo Cooker Plus™ cookware or this is your first experience with Chef Randall's Turbo products, you are in for a revolutionary culinary experience!

No one has time to spend hours preparing meals today. Why should you when you can create elegant dinners like Rack of Lamb, Seafood Brochettes, and Shrimp and Lobster Tails, or family favorites like Teriyaki Pork Chops and Country-Style Ribs, Potatoes and Corn **IN LESS THAN 20 MINUTES?** And best of all, there's little or no added fat, so meals are healthy and nutritious.

We have taken the Turbo Cooker™ principles and created another innovative appliance –The Turbo Grill™ stovetop cooker. Now you can Steamgrill™ food any time, no matter what the weather, using the combination of high-heat contact steamgrilling™. The high heat **SEARS MEATS** and **SEALS IN NATURAL JUICES**, while the patented Dome Cover creates the environment that brings out the natural flavor in foods. And like the Turbo Cooker™ pan, it is fast and easy, and you can cook a complete meal all at the same time!

The unit is so versatile you can use it every day and have **GREAT BARBEQUED FOODS GRILLED RIGHT IN YOUR KITCHEN.** The grill plate is reversible and doubles as a griddle for pancakes, quesadillas and grilled cheese sandwiches. Preheat time is typically only 3 minutes, so you'll find yourself using The Turbo Grill™ stovetop cooker for fish sticks, frozen pizza and frozen hors d'oeuvres and serving them before your oven is even preheated!

We've included an assortment of mouth-watering recipes and suggest that you start there. When you are more comfortable using The Turbo Grill™ stovetop cooker, adapt all your favorite recipes for use on the grill. They will be **MOISTER, MORE FLAVORFUL** and **EASIER** to prepare than any foods you have grilled before with **LESS ADDED FAT AND LESS TIME IN THE KITCHEN.** Experiment and enjoy. We know you'll be converted for life!

Sincerely,

Cathy E. Mitchell

Randall Cornfield

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### One (1) Year Limited Warranty

This product is inspected and tested before leaving our factory. It is warranted to be free of any manufacturing defects under normal use and conditions for one (1) year from date of original purchase. This warranty extends only to the original customer/purchaser and does not cover damage from abuse, neglect, use for commercial purposes, or any other use not found in the printed directions. This warranty does not cover breakage caused by misuse. This warranty provides specific legal rights, and you may also have other legal rights, which may vary from state to state. If you use your appliance for household use and according to instructions, our product should give you years of quality service.

For customer service, call (800) 350-4694

Please direct any cooking or product usage questions to [chefrandall@chefrandall.com](mailto:chefrandall@chefrandall.com) or visit our FAQ Section at [www.chefrandall.com](http://www.chefrandall.com)

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## IMPORTANT SAFETY INFORMATION

Read all instructions carefully before using The Turbo Grill™ stovetop cooker.

This product can be used on a gas or electric stove. When using on a glass-top stove, do not drag the unit over the glass surface as it may cause scratches or other damage.

If your stove has more than one size burner, it is best to use the largest burner. Be sure to position the Base so that the burner is centered in the opening.

**IMPORTANT:** The Base must be level on the stovetop. Some stoves, typically gas, may require use of the optional Stove Adapter for the Base to sit securely on the burner. See “Stove Adapter” instruction sheet for mounting instructions.

When removing the Dome Cover, always tilt it so any steam and condensation is directed away from you. Rising steam can cause burns.

Use handles and knobs to avoid contact with hot surfaces. Use the specially designed handle, potholders or mitts to remove the Steam Rack and Reversible Grill Plate.

Periodically check handles and knobs to be sure that the screws have not loosened. If necessary, tighten with an appropriate screwdriver.

After cooking, allow the Reversible Grill Plate to cool completely before removing from the Base, unless you are using the Grill Plate as a serving dish to keep foods warm. When removing the hot Reversible Grill Plate or moving the Base, use caution as liquid in Flavor Reservoir will be hot.

Never use Base without liquid (water, wine, etc.). **DO NOT** allow Base to boil dry. As liquid evaporates during cooking, add more liquid through the holes on the outer edge of the Reversible Grill Plate; taking care not to allow excessive liquid to fall on the hot grill surface. Always use hot water when adding to the Flavor Reservoir during cooking.

Always allow the Grill Plate to cool completely before washing. Exposing the hot grill plate to cold water may cause warping. Minor warping will not affect cooking performance.

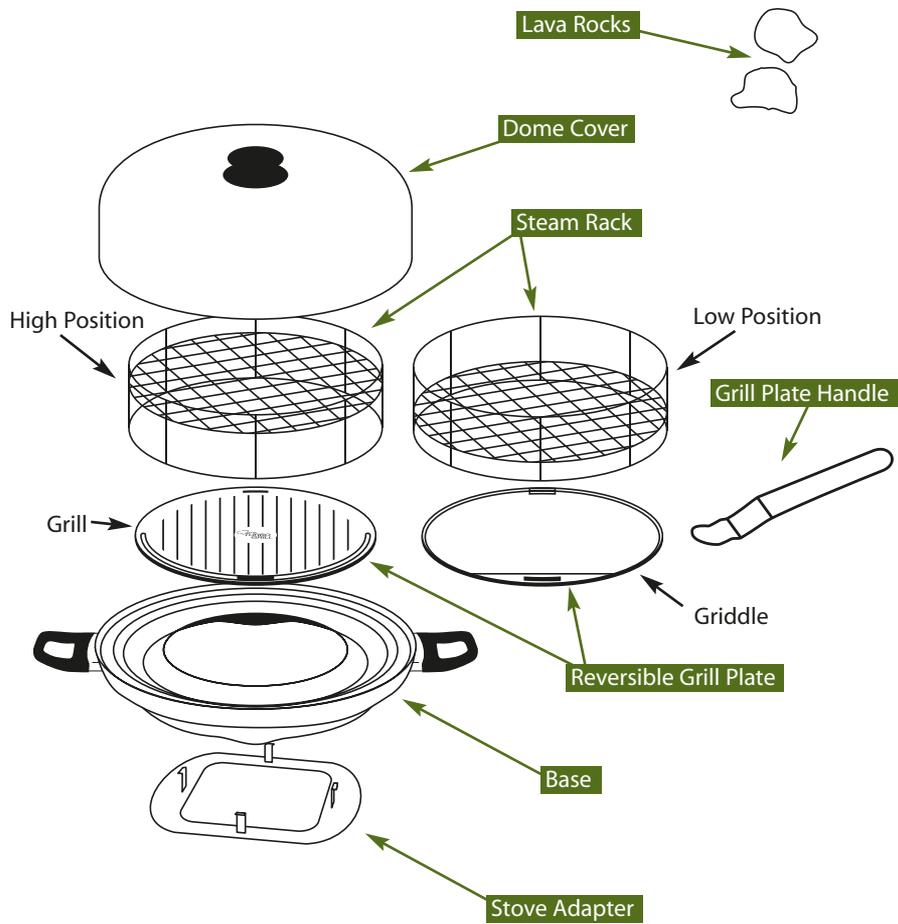
Never leave The Turbo Grill™ stovetop cooker on a heated burner for longer than 5 minutes without food as overheating may be dangerous and damage may occur.

Use only for stovetop cooking. Never use The Turbo Grill™ stovetop cooker in a conventional, convection or microwave oven.

This product should not be used by or near children.

The non-stick coating is formulated to comply with FDA regulations as listed in the applicable sections of the Code of Federal Regulations and is safe for food contact and incidental ingestion.

## THE PARTS



## TURBO GRILL™ STOVETOP COOKER FEATURES AND BENEFITS

Designed for today's busy lifestyle, this unit allows you to make complete meals--entrées, side dishes, and even a dessert--with little or no added fat, in as little as 15 minutes. The step-by-step instructions make it so easy that anyone can create healthy grilled meals that look and taste great!

The Base forms a flavor reservoir, keeps foods moist during grilling, and provides steam for cooking foods on the Steam Rack.

Foods cooked on this unit require little or no added fats or oils, are moister and more flavorful, and usually require less cooking time than with conventional methods.

The surface of the Reversible Grill Plate gets very hot, to sear the food and seal in the natural juices without burning.

The Grill Plate is reversible, adding to the versatility of the product--one side is a grill for meats, fish, poultry and vegetables, and the other is a griddle for toasted sandwiches, pancakes, pizzas and much more.

The raised grilling ribs and sloped surface of the specially designed Grill Plate lift meats from their drippings, allowing excess grease to flow away from foods and into the flavor reservoir for easy disposal.

The non-stick surface eliminates the need for adding fats and oils, and makes cleanup a breeze.

The Steam Rack can be placed on top of the Grill Plate and used for steaming side dishes, keeping foods warm, and even baking.



The Steam Rack is also reversible to allow the extra space where you need it.

The Lava Rocks can be soaked in liquid flavorings such as liquid smoke and added to the center of the Grill Plate. As they sizzle, they infuse a smoky, barbeque flavor into the grilled foods.

## USING THE TURBO GRILL™ STOVETOP COOKER

Before using for the first time, wash the Base, Reversible Grill Plate, Steam Rack and Dome Cover in hot, sudsy water, rinse, and dry thoroughly with a soft, dry cloth.

We recommend a one-time seasoning of the Reversible Grill Plate before using to ensure the non-stick release performance of the finish. After washing, wipe the grill and griddle surface lightly with cooking oil. Remove excess oil with a paper towel.

A slight odor may be detected when using the unit for the first few times. This is normal.

To avoid damage to the non-stick finish, use plastic, nylon, wood or specially designed utensils for non-stick coatings. Although metal is safe to use, it may cause marring of the non-stick surface. Avoid using knives and cutting food directly on the grill or griddle. The non-stick coating may discolor with normal use. This will not affect the non-stick qualities of the unit.

This guide contains general information for cooking. **You may find that temperatures and cooking times vary depending on your personal preference and the type and heat of your stove. We recommend that you adjust the burner heat and cooking time as needed.**

- 1 Place the Base on the burner. Carefully pour the amount of liquid required in the recipe or on the Grilling Chart into the reservoir (1/2 to 1 1/4 cups). Use a liquid measuring cup with a spout and pour the water slowly to avoid spilling on the burner.
- 2 The Base can be used as a flavor reservoir. For subtle hints of flavor, replace water in the base with wine, beer or other liquids. You may also add lemon or lime slices/wedges, cloves of garlic or aromatic herbs such as basil, rosemary and oregano.
- 3 Place the Reversible Grill Plate in the center of the Base with the appropriate side for the food that you are cooking facing up (grill or griddle).
- 4 **DO NOT** use the unit without the Reversible Grill Plate in place.
- 5 The grill side with the raised ribs should be up when grilling meats, poultry, fish and vegetables.
- 6 The griddle side with the flat surface should be up when making pancakes, eggs, pizza, quesadillas and other recipes where foods do not need to be lifted from their juices.
- 7 Most recipes require preheating the grill or griddle surface. Put the Dome Cover in place and heat on high for 3 minutes before adding food.
- 8 Most recipes will require the use of the Dome Cover to hold in heat and moisture.
- 9 The Steam Rack can be used for steaming foods or keeping foods warm while cooking on the grill or griddle surface. Because of the heat in the unit, additional cooking may take place when foods are moved from the grill surface to the Steam Rack.

- 10 **DO NOT** steam or cook foods for long periods of time on the Steam Rack with nothing on the Reversible Grill Plate.
- 11 It may be necessary to add more liquid to the Base when cooking for longer periods, using larger quantities of food, or steaming. Hot liquid should be added through the holes on the outer portion of the Grill Plate, using a slow stream from a liquid measuring cup with a spout or a baster. Avoid spilling liquid on the hot Grill Plate. **DO NOT** allow the Base to boil dry.
- 12 Use caution, as the Reversible Grill Plate, Steam Rack, Base, and Dome Cover will be hot during cooking. Use handles, knobs and potholders to prevent burns.
- 13 When cooking is complete, turn off the burner and allow all parts to cool thoroughly before handling and washing. There may be liquid left in the Flavor Reservoir. Use care to avoid spilling.

**Although The Turbo Grill™ stovetop cooker is virtually smokeless, fatty meat and grilling at temperatures that are too high may cause some smoking. If smoking does occur, lower the cooking temperature. We recommend use of an exhaust fan for ventilation during cooking.**

## LAVA ROCKS

The Lava Rocks can be used to add a smoky flavor to foods during grilling. Before using, place one lava rock in a small, covered container. Pour in your favorite liquid flavor such as liquid smoke onto rock, cover and let soak for several hours.

During grilling, add the soaked Lava Rock to the Grill. **DO NOT** let the Lava Rock touch the foods on the Grill Plate.

The Lava Rocks should be washed in hot water after use and returned to covered container of liquid flavoring. Refrigerate the container between uses. Replace the Lava Rock frequently as food and grease residue may build up in the crevices with use.

## CLEANING AND STORAGE

Allow all parts to cool completely before washing. **DO NOT** put a hot Grill Plate in water to cool it as it may cause the Grill Plate to warp.

Wash all parts in hot, soapy water. Excess food should be easily removed from the Reversible Grill Plate. If necessary, use a non-abrasive cleanser or a soft scrub cleanser. A nylon dish brush or cleaning pad marked safe for non-sticks is also suitable. Rinse and dry completely with a soft towel before assembling and storing.

The Base, Reversible Grill Plate and Dome Cover can be washed in the dishwasher. Follow your dishwasher manufacturer's recommendation for proper performance and maintenance of cookware.

We do not recommend washing the Steam Rack in the dishwasher as it may damage the chrome plating.

Store the Reversible Grill Plate carefully to avoid scratching of the non-stick surface.

**You may notice a slight discoloring of the Base and the Grill Plate after several uses. This is normal and will not affect the performance.**

POULTRY	WATER RESERVOIR	TOTAL TIME (in minutes)	PREHEAT FOR 3 MINUTES ON HIGH, THEN FOLLOW COOKING DIRECTIONS AND TIMING
4-8 drumsticks	1 cup	15-18	Reduce heat to medium. Place drumsticks on grill, cover, 5 minutes. Turn drumsticks, cover, 5-6 minutes. Turn drumsticks, cover, 5-7 minutes.
2 boneless chicken breasts, cut in half	1 cup	6	Reduce heat to medium high. Put chicken on grill, cover, 3 minutes. Turn chicken, cover, 3 minutes.
3 1/2 lb. whole chicken (skin removed)	1 cup	37	Place chicken on grill, breast side down, cover, 2 minutes. Reduce heat to medium high. Turn chicken, cover, 8 minutes. Reduce heat to medium. Add 1/2 cup water into reservoir, cover, 8 minutes. Turn chicken, cover, 8 minutes. Add 1/2 cup water into reservoir, turn chicken, cover, 11 minutes.
3 1/2 lb. frying chicken, cut in pieces	1 cup	24	Put chicken on grill, skin side down, cover, 4 minutes. Turn chicken, cover, 10 minutes. Turn chicken, cover, 10 minutes. Check for doneness. Add an extra 5 minutes to cooking time if needed.
1 1/4 lb. chicken wings	3/4 cup	15	Place wings on grill, cover, 3 minutes. Reduce heat to medium. Turn wings and rotate*, cover 3 minutes. Turn and rotate* wings, cover 3 minutes. Turn and rotate* wings, cover, 3 minutes. Turn and rotate* wings, cover 3 minutes. *Move crispier wings to outer area of grill and those requiring additional cooking to center.
1 turkey breast (skinless, boneless)	1 cup	12	Reduce heat to medium high. Place turkey breast on grill, cover, 3 minutes. Reduce heat to medium. Turn turkey, cover, 4 minutes. Turn turkey, cover, 3 minutes. Turn turkey, cover, 2 minutes.
BEEF	WATER RESERVOIR	TOTAL TIME (in minutes)	PREHEAT FOR 3 MINUTES ON HIGH, THEN FOLLOW COOKING DIRECTIONS AND TIMING
2 to 4 (8 oz.) filet mignon	1 cup	Rare - 6 Med. - 8 Well done - 10	<b>Rare:</b> Put filet mignon on grill, cover, 4 minutes. Turn filet mignon, cover, 2 minutes. <b>Medium:</b> Put filet mignon on grill, cover, 4 minutes. Turn filet mignon, cover, 4 minutes. <b>Well done:</b> Put filet mignon on grill, cover, 4 minutes. Reduce heat to medium. Turn filet mignon, cover, 6 minutes.
2 to 4 (10 oz.) strip sirloin steaks	1 cup	Rare - 5-6 Med. - 8 Well done - 10-11	<b>Rare:</b> Put steak on grill, cover, 3 minutes. Turn steak, cover, 2 to 3 minutes. <b>Medium:</b> Put steak on grill, cover, 4 minutes. Turn steak, cover, 4 minutes. <b>Well done:</b> Put steak on grill, cover, 4 to 5 minutes. Reduce heat to medium. Turn steak, cover, 6 minutes.
2 to 4 (7 oz.) sirloin steaks	1 cup	Rare - 6 Med. - 9-10 Well done - 10-11	<b>Rare:</b> Reduce heat to medium high. Put steak on grill, cover, 3 minutes. Turn steak, cover, 3 minutes. <b>Medium:</b> Reduce heat to medium high. Put steak on grill, cover, 5 minutes. Reduce heat to medium. Turn steak, cover, 4-5 minutes. <b>Well done:</b> Reduce heat to medium high. Put steak on grill, cover, 5 minutes. Reduce heat to medium. Turn steak, cover, 5-6 minutes.
4 (10 oz.) rib steaks	1 cup	Rare - 4 Med. - 7 Well done - 10	<b>Rare:</b> Put steak on grill, 2 minutes. Turn steak, cover, 2 minutes. <b>Medium:</b> Put steak on grill, cover, 3 minutes. Reduce heat to medium. Turn steak, cover, 4 minutes. <b>Well done:</b> Reduce heat to medium high. Put steak on grill, cover, 5 minutes. Turn steak, cover, 5 minutes.

BEEF	WATER RESERVOIR	TOTAL TIME (in minutes)	PREHEAT FOR 3 MINUTES ON HIGH, THEN FOLLOW COOKING DIRECTIONS AND TIMING
2 lb. London broil (1 1/2" thick)	1 cup	23	Put meat on grill, uncovered, 2 minutes. Turn meat, uncovered, 3 minutes. Reduce heat to medium high. Turn meat, cover, 7 minutes. Turn meat, cover, 6 minutes. Turn meat, cover, 5 minutes.
2 to 4 (7 oz.) hamburgers	1 cup	Rare - 6 Med. - 7 Well done - 9	<b>Rare:</b> Put hamburgers on grill, cover, 3 minutes. Turn hamburgers, cover, 3 minutes. <b>Medium:</b> Put hamburgers on grill, cover, 4 minutes. Turn hamburgers, cover, 3 minutes. <b>Well done:</b> Put hamburgers on grill, cover, 4 minutes. Reduce heat to medium. Turn hamburgers, cover, 5 minutes.
8 (2 oz.) beef sausages	1 cup	8	Reduce heat to medium high. Put sausage links on grill, cover, 2 minutes. Reduce heat to medium. Turn sausage links, cover, 3 minutes. Turn sausage links, cover, 3 minutes.
PORK	WATER RESERVOIR	TOTAL TIME (in minutes)	PREHEAT FOR 3 MINUTES ON HIGH, THEN FOLLOW COOKING DIRECTIONS AND TIMING
4 (6 oz.) pork chops	1 cup	10	Reduce heat to medium high. Put chops on grill, cover, 4 minutes. Reduce heat to medium. Turn chops, cover, 4 minutes. Turn chops, cover, 2 minutes.
12 oz. pork tenderloin	1 cup	9	Reduce heat to medium high. Put pork tenderloin on grill, cover, 3 minutes. Reduce heat to medium. Turn tenderloin, cover, 2 minutes. Turn tenderloin, cover, 2 minutes. Turn tenderloin, cover, 2 minutes.
4 (7 oz.) ground pork patties	1 cup	8	Put patties on grill, cover, 3 minutes. Reduce heat to medium. Turn patties, cover, 2 minutes. Turn patties, cover, 3 minutes.
4 (8 oz.) spare ribs	1 1/2 cups	29	Reduce heat to medium. Put ribs on grill, cover, 6 minutes. Turn ribs, cover, 6 minutes. Turn ribs, cover, 6 minutes. Add 1/2 cup water to reservoir. Turn ribs, cover, 6 minutes. Add sauce to ribs, cover, 5 minutes.
1 1/2 lb. boneless country-style pork ribs	1 cup	8	Reduce heat to medium high. Place ribs on grill, cover, 4 minutes. Turn ribs, cover, 4 minutes.
8 (3 oz.) Italian sausage	1 cup	7	Reduce heat to medium high. Put sausage links on grill, cover, 3 minutes. Reduce heat to medium. Turn sausage links, cover, 2 minutes. Turn sausage links, cover, 2 minutes.
8 (2 oz.) hot dogs	1 cup	6	Put hot dogs on grill, cover, 2 minutes. Turn hot dogs, cover, 2 minutes. Turn hot dogs, cover, 2 minutes.
LAMB	WATER RESERVOIR	TOTAL TIME (in minutes)	PREHEAT FOR 3 MINUTES ON HIGH, THEN FOLLOW COOKING DIRECTIONS AND TIMING
12 lamb chops	1 cup	Rare - 6 Med. - 9 Well done - 10	<b>Rare:</b> Put chops on grill, cover, 4 minutes. Turn chops, cover, 2 minutes. <b>Medium:</b> Put chops on grill, cover, 4 minutes. Turn chops, cover, 5 minutes. <b>Well done:</b> Put chops on grill, cover, 4 minutes. Turn chops, cover, 6 minutes.

ROAST	WATER RESERVOIR	TOTAL TIME (in minutes)	PREHEAT FOR 3 MINUTES ON HIGH, THEN FOLLOW COOKING DIRECTIONS AND TIMING
4 lb. bottom blade veal roast	1 cup	39	Put roast on grill, cover, 5 minutes. Turn roast, cover, 4 minutes. Reduce heat to medium. Add 1/4 cup water to reservoir. Turn roast, cover, 15 minutes. Add 1/2 cup water to reservoir. Turn roast, cover, 15 minutes.
4 lb. boneless rib eye roast	1 cup	Rare - 38 Med. - 46 Well done - 61	<b>Rare:</b> Reduce heat to medium high. Put roast on grill, cover, 6 minutes. Turn roast, cover, 8 minutes. Reduce heat to medium. Add 1 cup water to reservoir, cover, 8 minutes. Turn roast, cover, 8 minutes. Add 1/2 cup water to reservoir. Turn roast cover, 8 minutes. <b>Medium:</b> Reduce heat to medium high. Put roast on grill, cover, 8 minutes. Turn roast, cover, 8 minutes. Reduce heat to medium. Add 1 cup water to reservoir, cover, 10 minutes. Turn roast, cover, 10 minutes. Add 1/2 cup water to reservoir. Turn roast, cover, 10 minutes. <b>Well done:</b> Reduce heat to medium high. Put roast on grill, cover, 8 minutes. Turn roast, cover, 8 minutes. Reduce heat to medium. Add 1 cup water to reservoir, cover, 15 minutes. Turn roast, cover, 15 minutes. Reduce heat to medium low. Turn roast, cover, 15 minutes.
3.5 lb. roast beef (sirloin tip, boneless rump, top round, eye round)	1 cup	Rare - 28 Med. - 33 Well done - 43	<b>Rare:</b> Reduce heat to medium high. Put roast on grill, cover, 5 minutes. Reduce heat to medium. Turn roast, cover, 5 minutes. Reduce heat to medium low. Add 1/2 cup water to reservoir, cover, 10 minutes. Turn roast, cover, 8 minutes. Let stand for 5 minutes before serving. <b>Medium:</b> Reduce heat to medium high. Put roast on grill, cover, 5 minutes. Reduce heat to medium. Turn roast, cover, 8 minutes. Reduce heat to medium low. Add 1/2 cup water to reservoir, 10 minutes. Turn roast, cover, 10 minutes. Let stand for 5 minutes before serving. <b>Well done:</b> Reduce heat to medium high. Put roast on grill, cover, 5 minutes. Reduce heat to medium. Turn roast, cover, 8 minutes. Reduce heat to medium low. Add 1/2 cup water to reservoir, cover, 10 minutes. Turn roast, cover, 10 minutes. Add 1/4 cup water to reservoir. Turn roast, cover, 10 minutes. Let stand for 5 minutes before serving.
FISH/SEAFOOD	WATER RESERVOIR	TOTAL TIME (in minutes)	PREHEAT FOR 3 MINUTES ON HIGH, THEN FOLLOW COOKING DIRECTIONS AND TIMING
2 to 4 lobster tails	1 cup	14-16	Put lobster tails on grill (shell side down), cover, 8 minutes. Reduce heat to medium. Turn lobster, cover, 6 to 8 minutes.
2 to 4 (7 oz.) salmon fillets	1 cup	5-6	Put fillets on grill, cover, 3 minutes. Reduce heat to medium high. Turn fillets, cover, 2 to 3 minutes.
2 to 4 (6 oz.) red snapper fillets	1 cup	5-6	Put fillets on grill, cover, 3 minutes. Reduce heat to medium high. Turn fillets, cover, 2 to 3 minutes.
Shrimp brochettes (4 to 6)	1/2 cup	5	Put brochettes on grill, cover, 2 minutes. Reduce heat to medium high. Turn brochettes, cover, 3 minutes.

FISH/SEAFOOD	WATER RESERVOIR	TOTAL TIME (in minutes)	PREHEAT FOR 3 MINUTES ON HIGH, THEN FOLLOW COOKING DIRECTIONS AND TIMING
10 oz. scallops	1/2 cup	4	Reduce heat to medium high. Put scallops on grill, cover, 2 minutes. Turn scallops, cover, 2 minutes.
2 (10 oz.) halibut steaks	1 cup	5	Reduce heat to medium high. Put steaks on grill, cover, 3 minutes. Turn steaks, cover, 2 minutes.
4 (6 oz.) tuna steaks	3/4 cup	6	Put steaks on grill, cover, 3 minutes. Reduce heat to medium. Turn steaks, cover, 3 minutes.
4 (6 oz.) swordfish	3/4 cup	6	Reduce heat to medium high. Put swordfish on grill, cover, 3 minutes. Turn swordfish, cover, 3 minutes.
16 large shrimp	1/2 cup	3	Put shrimp on grill, cover, 2 minutes. Turn shrimp, cover, 1 minute.
VEGETABLES	WATER RESERVOIR	TOTAL TIME (in minutes)	PREHEAT FOR 3 MINUTES ON HIGH, THEN FOLLOW COOKING DIRECTIONS AND TIMING
1 eggplant, sliced	1/2 cup	4	Reduce heat to medium. Put eggplant on grill, cover, 2 minutes. Turn eggplant, cover, 2 minutes.
3 zucchini, sliced lengthwisem	1 cup	4	Reduce heat to medium. Put zucchini slices on grill, cover, 2 minutes. Turn zucchini, cover, 2 minutes.
1 sweet potato, quartered	1 cup	16	Reduce heat to medium. Put sweet potato on grill, cover, 3 minutes. Turn potatoes, cover, 3 minutes. Reduce heat to medium low. Turn potatoes, cover, 5 minutes. Turn potatoes, cover, 5 minutes.
10 baby potatoes, halved	1 cup	23	Reduce heat to medium. Put potatoes on grill, cover, 3 minutes. Turn potatoes, cover, 3 minutes. Reduce heat to medium low. Cover, 10 minutes. Add 1/4 cup water to reservoir (through grill opening), turn potatoes, cover, 7 minutes.
3 peppers, halved	1 cup	5	Reduce heat to medium. Put peppers on grill, cover, 3 minutes. Turn peppers, cover, 2 minutes.
8 oz. whole mushrooms	1 cup	4	Reduce heat to medium. Put mushrooms on grill, cover, 2 minutes. Turn mushrooms, cover, 2 minutes.
1 whole squash	1 cup	8	Reduce heat to medium. Put squash on grill, cover, 2 minutes. Reduce heat to medium low. Turn squash, cover, 3 minutes. Turn squash, cover, 3 minutes.
4 corn on the cob	1 cup	9	Reduce heat to medium high. Put corn on grill, cover, 2 minutes. Reduce heat to medium. Turn corn, cover, 3 minutes. Turn corn, cover, 2 minutes. Turn corn, cover, 2 minutes.
8 cloves garlic, halved	1 cup	6	Reduce heat to medium high. Put garlic on grill, cover, 2 minutes. Reduce heat to medium. Turn garlic, cover, 3 minutes. Turn garlic, cover, 1 minute.
4 baking potatoes (wrapped in aluminum foil)	1 cup	30	Reduce heat to medium. Put potatoes on grill, cover, 8 minutes. Reduce heat to medium low. Turn potatoes, cover, 12 minutes. Turn potatoes, cover, 10 minutes.

VEGETABLES	WATER RESERVOIR	TOTAL TIME (in minutes)	PREHEAT FOR 3 MINUTES ON HIGH, THEN FOLLOW COOKING DIRECTIONS AND TIMING
12 asparagus spears	1 cup	3	Reduce heat to medium. Put asparagus on grill, cover, 2 minutes. Turn asparagus, cover, 1 minute.
3/4 lb. string beans	1 cup	6	Reduce heat to medium. Put beans on grill, cover, 3 minutes. Turn beans, cover, 3 minutes.
1 bunch broccoli florets	1 cup	5	Reduce heat to medium. Place broccoli florets on grill, cover, 2 minutes. Turn broccoli, cover, 3 minutes.
4 carrots, sliced diagonally	1 cup	7	Reduce heat to medium. Place carrots on grill, cover 3 minutes. Reduce heat to medium low. Turn carrots, cover, 4 minutes.
1 head cauliflower florets	1 cup	7	Reduce heat to medium. Place cauliflower on grill, cover, 3 minutes. Reduce heat to medium low. Turn cauliflower, cover, 4 minutes.
3/4 lb. snow peas	1 cup	3	Reduce heat to medium low. Put snow peas on grill, cover, 2 minutes. Turn snow peas, cover, 1 minute.
4 small onions, halved	1 cup	7	Place onions on grill, cover, 2 minutes. Reduce heat to medium. Move onions, cover, 3 minutes. Turn onions, cover, 2 minutes.

Vegetables can be steamed on the rack when cooking food on the grill. Place vegetables on rack and rack in position at appropriate time so that all foods finish cooking at the same time. Add more liquid to the reservoir as needed to produce sufficient steam.

VEGETABLES	TOTAL TIME (in minutes)
Eggplant, sliced	8
Zucchini, sliced	8
Sweet Potato, Quartered	12
10 Baby Potatoes, Halved	24
3 Peppers, Halved	9
8 oz. Whole Mushrooms	10
1 Whole Squash, Quartered	16
4 Ears of Corn	20
8 Cloves Garlic, Halved	22
4 Baking Potatoes (wrapped in aluminum foil)	25
12 Asparagus Spears	9
1/2 lb. Carrots, Sliced Diagonally	18
3/4 lb. Snow Peas	9
4 Onions, Halved	15
1 Head Cauliflower Florets	15
1 Bunch Broccoli Florets	5
3/4 lb. String Beans	6

## RECIPES

### Eggs, Sunny-side Up

*A simple family breakfast.*

Ready in 6 minutes Serves 4-6

- 6 eggs
- 3/4 cup + 1 tbsp. water

Preheat: Carefully pour 3/4 cup water into reservoir. Insert grill plate, griddle side up. Cover and preheat on high 3 minutes. Carefully break eggs into bowl.

- 1 Reduce heat to medium. Pour eggs onto griddle carefully to avoid breaking yolks. Cover and cook 4 minutes.
- 2 Sprinkle 1 tbsp. water over surface of eggs. Cover 2 minutes.

### Baked Potato Skins

*Your friends will beg for more.*

Ready in 4 minutes Serves 8

- 4 baked potatoes, halved lengthwise
- 1 cup grated low-fat cheddar cheese
- 4 strips cooked bacon, crumbled
- 3/4 cup water

Scoop out some of the potato, leaving skins intact. Sprinkle bacon and cheese on halves.

Preheat: Carefully pour 3/4 cup water into reservoir. Insert grill plate, griddle side up. Cover and preheat on high heat 3 minutes.

Reduce heat to medium. Put potato halves on griddle. Cover and cook 4 minutes.

### Breakfast Pancakes

*A fruit-filled plate of fluffy pancakes.*

Ready in 11 minutes Serves 4

- 2 cups baking mix
- 2 eggs
- 1 cup 2% milk
- Non-stick cooking spray
- 1 3/4 cups water

In a bowl, mix together baking mix, eggs and milk.

Pour 1 cup hot water into pie or cake pan. Carefully pour 3/4 cup water into reservoir. Insert grill plate, griddle side up.

- 1 Place pan on griddle. Cover and cook on high heat 3 minutes.
- 2 Reduce heat to medium high. Remove pan with water and place on heat-resistant surface. Place steam rack over pan and cover. Spray griddle with non-stick cooking spray. Pour batter on griddle to form 2 pancakes. Cook, uncovered, 1 minute.
- 3 Turn pancakes. Cook, uncovered, 1 minute.
- 4 Put cooked pancakes on steam rack and cover to keep warm. Repeat steps #2-4 until all batter is used (makes 8 pancakes).

### Fish Sticks

*A children's favorite – crunchy good taste.*

Ready in 6 minutes Serves 6

- 1 (24 oz.) box frozen fish sticks
- 3/4 cup water

Preheat: Carefully pour 3/4 cup water into reservoir. Insert grill plate, griddle side up. Cover and preheat on high heat 3 minutes.

- 1 Place fish sticks on griddle. Cover and cook on high heat 4 minutes.
- 2 Reduce heat to medium. Turn fish sticks. Cover, 2 minutes.

## Simple Grilled Cheese

*Fast and easy – always a favorite.*

Ready in 8 minutes Serves 4

- 8 slices bread
- 4 slices low-fat cheddar cheese
- Low-fat non-stick cooking spray
- 1/2 cup water

Prepare 4 cheese sandwiches.

Preheat: Carefully pour 1/2 cup water into reservoir. Insert grill plate, griddle side up. Cover and preheat on high heat 2 minutes.

- 1 Reduce heat to medium low. Spray griddle with non-stick cooking spray. Place 2 sandwiches on griddle. Cover, 2 minutes.
- 2 Turn sandwiches. Cover, 2 minutes.
- 3 Place grilled sandwiches on steam rack. Repeat Steps #1 and 2 (with rack in position) for remaining 2 sandwiches.

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## Crab Cakes

*Bring a little of Louisiana into your home.*

Ready in 10 minutes Serves 6

- 1/2 lb. crabmeat
- 1 egg
- 1/3 cup bread crumbs
- 2 tbsp. mayonnaise
- 1 tsp. dried parsley flakes
- 1 tbsp. canola oil
- 1/2 tsp. salt (or fish seasoning such as Old Bay),
- 1/2 tsp. white pepper
- 3/4 cup water

In bowl, whisk egg, salt, pepper, parsley and mayonnaise. Add crabmeat and bread crumbs. Mix well. Form six patties and chill on plate for 1 hour.

Preheat: Carefully pour 3/4 cup water into reservoir. Insert grill plate, griddle side up. Cover and preheat on high heat 3 minutes.

- 1 Reduce heat to medium. Add canola oil to griddle and place patties on griddle. Cover, 4 minutes.
- 2 Turn patties. Cover, 6 minutes.

## Chicken Satay

*A fast, simple snack that will leave you wanting more.*

Ready in 6 minutes Serves 4

- 1 lb. chicken tenders (or skinless, boneless chicken breasts, cut into strips)
- 1/2 cup Italian salad dressing
- 1/2 cup + 2 tbsp. peanut butter
- 2 tbsp. lime juice
- 2 tbsp. low-sodium soy sauce
- 2 tbsp. honey
- 3/4 cup water

Marinade: In bowl, mix Italian dressing and 2 tbsp. peanut butter. Put chicken into sealable bag, pour in marinade, seal bag and refrigerate at least 2 hours or overnight. Thread chicken strips onto skewers.

Dipping sauce: In another bowl, mix lime juice, soy sauce, honey and remaining peanut butter. (If sauce is too thick for dipping, stir in 1 tsp. water at a time until desired consistency is reached.)

Preheat: Carefully pour 3/4 cup water into reservoir. Insert grill plate, grill side up. Cover and preheat on high heat 3 minutes.

- 1 Reduce heat to medium. Place skewers on grill. Cover and cook 3 minutes.
- 2 Turn skewers. Cover, 3 minutes.  
Serve with dipping sauce.

## Quesadillas

Make lunch a Mexican treat with these favorites.

Ready in 3.5 minutes Serves 1

- 1 (8") flour tortilla
- 1/2 cup grated low-fat Colby and Monterey Jack cheeses
- 2 tbsp. salsa
- 1/3 cup leftover chicken, grilled meat, refried beans and sliced mushrooms
- 3/4 cup water

Preheat: Carefully pour 3/4 cup water into reservoir. Insert grill plate, griddle side up. Cover and preheat on high heat 3 minutes.

- 1 Reduce heat to medium low. Place tortilla on griddle. Cook (uncovered) 30 seconds.
- 2 Place cheese, salsa and filling on one half of each tortilla. Fold over like an omelet. Cover, 1 1/2 minutes.
- 3 Turn tortillas. Cover, 1 1/2 minutes.

To make additional quesadillas, repeat steps #1-3.

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## Pizza

A quick snack - sure to please.

Ready in 12 minutes Serves 4

- 1 (14 oz.) frozen pizza
- 3/4 cup water

Place frozen pizza on steam rack.

Preheat: Carefully pour 3/4 cup water into reservoir. Insert grill plate, griddle side up. Cover and preheat on high heat 3 minutes.

- 1 Reduce heat to medium. Place rack in position. Cover and cook 5 minutes.
- 2 Reduce heat to medium-low. Cover, 7 minutes.

## Quick Quiche

Frozen to ready in less than 15 minutes.

Ready in 14 minutes Serves 4

- 1 (1 lb. 6 oz.) frozen quiche
- 3/4 cup water

Place frozen quiche on steam rack.

Preheat: Carefully pour 3/4 cup water into reservoir. Insert grill plate, griddle side up. Cover and preheat on high heat 3 minutes.

- 1 Reduce heat to medium. Place rack in position. Cover and cook 6 minutes.
- 2 Reduce heat to low. Cover, 8 minutes.

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## London Broil with Onion Rub

An interesting variation on this favorite.

Ready in 23 minutes Serves 6

- 2 lb. London broil (top round or boneless sirloin, about 1 1/2" thick)
- 1 envelope onion soup mix
- 1 1/2 cups water

Using a colander, sift soup powder from onions. Set onions aside. Coat all sides of London broil with powder from soup mix.

Preheat: Carefully pour 1 cup water into reservoir. Insert grill plate, grill side up. Cover and preheat on high 3 minutes.

- 1 Put meat on grill. Cook (uncovered) 2 minutes.
- 2 Turn meat. Cook (uncovered) 3 minutes.
- 3 Carefully pour remaining 1/2 cup water into reservoir (through grill openings). Reduce heat to medium high. Turn meat. Cover 7 minutes.
- 4 Turn meat. Cover 6 minutes. Sprinkle reserved onions on meat.
- 5 Turn meat. Cover 5 minutes.

## Grilled Swordfish with Citrus Salsa

*A refreshing way to serve fish.*

Ready in 10 minutes Serves 4

- 1 red grapefruit, peeled and sectioned
- 2 oranges, peeled and sectioned
- 2 limes, peeled and sectioned
- 1 lemon, peeled and sectioned
- 1 cup diced red, green and yellow pepper
- 1 red onion, finely diced
- 1 1/2 tbsp. chopped cilantro
- 1 tbsp. sugar
- 2 tbsp. rice wine vinegar
- 4 (5 oz.) swordfish steaks
- 1 tbsp. canola oil
- 3/4 cup water

Mix grapefruit, oranges, limes, lemon, pepper, onion, cilantro, sugar and vinegar in a bowl. Set aside for 2 hours. Brush swordfish steaks with canola oil.

Preheat: Carefully pour 3/4 cup water into reservoir. Insert grill plate, grill side up. Cover and preheat on high 3 minutes.

- 1 Place swordfish on grill. Cover and cook on high heat 5 minutes.
- 2 Reduce heat to medium. Turn swordfish. Cover 5 minutes.

Serve swordfish topped with citrus salsa.

## Grilled Beef Fajitas

*Easiest-ever Mexican favorite.*

Ready in 15 minutes Serves 6

- 1 1/2 lb. flank or skirt steak
- 1/3 cup lime juice
- 2 cloves fresh garlic, minced
- 1 tsp. oregano
- 1 tbsp. minced fresh cilantro
- 2 tsp. ground cumin
- 1 tsp. pepper
- 1 large onion, sliced
- 2 red or green bell peppers, cut into strips
- 2 tbsp. canola oil
- 12 (10-12") flour tortillas
- 1 cup water

Mix lime juice, minced garlic, oregano, cilantro, cumin, pepper and 1 tbsp. canola oil in zippered plastic bag. Add steak and marinate at least 2 hours or overnight. Brush onion and peppers with remaining 1 tbsp. canola oil. Place tortillas on steam rack.

Preheat: Carefully pour 1 cup water into reservoir. Insert grill plate, grill side up. Cover and preheat on high 3 minutes.

- 1 Put steak on grill. Cover and cook 6 minutes.
- 2 Reduce heat to medium high and turn steak. Cover 4 minutes.
- 3 Remove steak and cover loosely with aluminum foil. Let stand for 5 minutes. Place peppers and onions on grill and place rack in position. Cover 3 minutes.
- 4 Turn peppers and onions (onions will break up) and place rack in position. Cover 2 minutes.

Cut steak into thin strips on the diagonal. Serve steak, peppers and onions in warm tortillas. Serve with guacamole, salsa and sour cream.

For Chicken Fajitas, substitute 1 1/2 lb. skinless, boneless chicken breasts for steak. Cook chicken 3 minutes on each side on medium high.

## French Bread Pudding

*Leftover bread becomes a delicious treat.*

Ready in 12 minutes Serves 6

- 6 eggs, beaten
- 6 slices French bread, diced
- 1 peach, sliced
- 1/3 cup low-fat milk
- 1/2 tsp. vanilla
- 1/2 cup brown sugar
- Dry Ingredients:**
- 1/4 tsp. salt, 1 tsp. cinnamon
- Liquid Ingredients:**
- 3/4 cup water

In bowl, whisk eggs, milk, vanilla, salt, 1/4 cup brown sugar and 1/2 tsp. cinnamon. Pour into baking pan. Mix in diced bread until well coated.

Preheat: Carefully pour 3/4 cup water into reservoir. Insert grill plate, griddle side up. Cover and preheat on high heat 3 minutes.

- 1** Reduce heat to medium low. Place baking pan on griddle. Cover and cook 10 minutes.
- 2** Add peach slices and sprinkle remaining 1/4 cup brown sugar and 1/2 tsp. cinnamon on top. Cover, 2 minutes.

## Quick 'n' Easy Packaged Rice

*A simple side for any meal.*

Ready in 7-10 minutes Serves 4

- 1 package quick-cooking rice mix
- 3/4 cup water

Mix all ingredients per package directions in 8" cake pan.

Carefully pour 3/4 cup water into reservoir. Insert grill plate, griddle side up.

- 1** Place cake pan on griddle. Cover and cook 3 minutes more than package directions.
- 2** Stir. Move cake pan to steam rack to thicken rice mixture and keep warm while cooking other foods on grill or griddle.