

WEST BEND®

HEART SMART™ INDOOR GRILL CARE-USE

**TO PREVENT PERSONAL INJURY OR PROPERTY DAMAGE,
READ AND FOLLOW THE INSTRUCTIONS AND/OR WARNINGS
IN THIS CARE AND USE INSTRUCTIONAL MANUAL.**

Register this and other West Bend products through our website:
www.westbend.com

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electrical shock and/or injury to persons, including the following:

- Read all instructions.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock do not immerse heat control, its cord or plug in water or other liquid.
- Close supervision is necessary when grill 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.
- Do not operate grill with a damaged cord or plug or after grill malfunctions or has been damaged in any manner. Return grill to The West Bend Company for examination, repair, or adjustment.
- The use of accessory attachments not recommended by The West Bend Company may cause injuries.
- Do not use outdoors.
- Do not let cord hang over the edge of table or counter, or touch hot surfaces.
- Do not place on or near hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving grill containing hot oil or other hot liquids.
- Always attach plug to grill first, then plug cord into wall outlet. To disconnect, turn any control to OFF, then remove from wall outlet.
- Do not use grill for other than intended use.
- Fuel, such as charcoal briquettes, is not to be used with this grill.

SAVE THESE INSTRUCTIONS

Your grill needs no special care other than cleaning. If servicing becomes necessary, please return your grill to The West Bend Company. See Warranty section in this booklet for service details. Do not attempt to repair it yourself.

For Household Use Only

Electric Cord Statement

CAUTION: Your grill has a short cord as a safety precaution to prevent injury or property damage resulting from pulling, tripping or becoming entangled with the cord. Do not allow children to be near or use this grill without close adult supervision. If you must use a longer cord set or an extension cord when using this grill, the cord must be arranged so it will not drape or hang over the edge of a countertop or tabletop where it can be pulled on by children or tripped over accidentally. To prevent electrical shock, injury or fire, the electrical rating of the extension cord you use must be the same or more than the wattage of the grill (wattage is stamped on underside of heat control protector).

IMPORTANT SAFETY INSTRUCTIONS

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

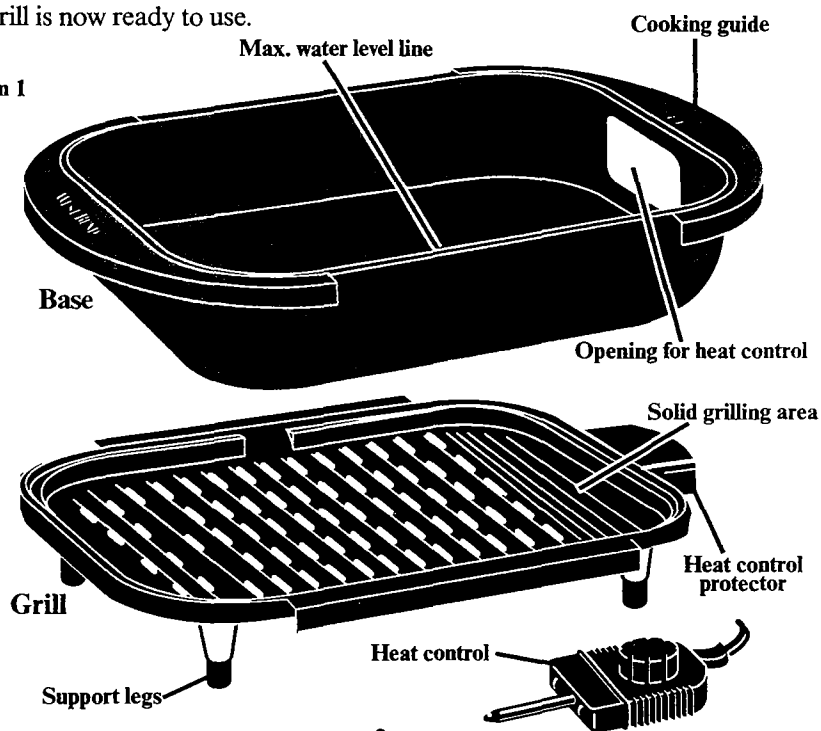
CLEAN BEFORE USING

Before using your grill the first time, wash the base and the grilling surface in hot soapy water with a dishcloth, rinse and dry. These parts may also be washed in an automatic dishwasher.

CAUTION: To reduce the risk of electrical shock, always remove automatic heat control before immersing this product in water. Do not immerse the heat control, its cord and plug in water or other liquid.

Your grill is now ready to use.

Diagram 1

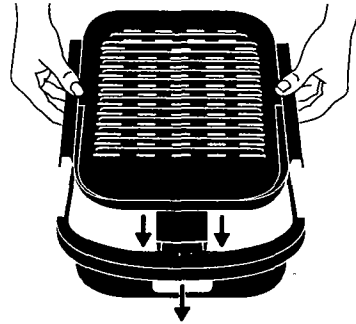


TO ASSEMBLE AND USE GRILL

Always use grill on a dry, level, heat-resistant surface. Do not use grill unless securely positioned in base.

1. Fill base with water to maximum water level line (4 cups).
2. Slide end of grill with heat control protector through opening in base under handle. See diagram 2.

Diagram 2



CAUTION: To prevent personal injury and/or property damage never use grill unless securely positioned in base.

3. Attach heat control to grill, making sure it is set at "OFF." Plug cord into a 120 volt, AC electrical outlet **ONLY**.
4. Preheat grill at recommended setting for food being cooked. Refer to grilling chart in this booklet or on handle for selecting the recommended heat setting and grilling times.
5. When signal light on automatic heat control goes out indicating grilling temperature has been reached, add the food. Heat may be increased or decreased, depending upon personal preference and type or amount of food being prepared. The signal light will go on and off periodically to indicate that proper temperature is being maintained.
6. Use hot pads when handling grill as handles become warm. For turning food, nylon, plastic or smooth edged metal cooking tools are recommended for use on the non-stick surface. Do not use sharp edged cooking tools or knives.
7. When grilling is completed, set heat control at WARM for serving, or set dial at OFF if food will be removed immediately from grill. After dial is set at OFF, unplug cord from wall outlet. Let grill cool before removing heat control.

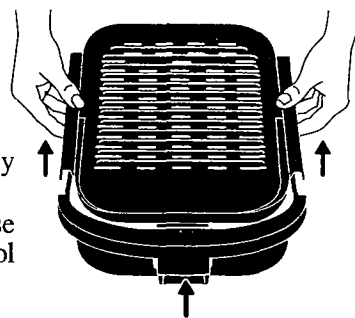
CAUTION: To reduce the risk of burn or injury or property damage, handle the heat control carefully, if you remove it from the product immediately after cooking because the metal probe will be hot — do not touch the metal probe or let it touch any thing or surface which may burn.

CLEANING GRILL

CAUTION: To reduce the risk of electrical shock, always remove heat control before immersing grill in water. Do not immerse heat control, its cord or plug in water or other liquid.

1. After using grill, allow to cool completely before cleaning.
2. Remove heat control. Remove grill from base by lifting sides upward and sliding heat control end out of base. See diagram 3.

Diagram 3



3. Carefully dispose of liquid in base.

CAUTION: To reduce the risk of burn injury or property damage, use extreme caution when using or moving an appliance containing hot oil or other hot liquids.

4. Wash base and grill in hot soapy water using a non-metal cleaning pad such as Scrunge® scrubber sponge, Dobie® or Scotch-Brite Cookware Scrub 'n Sponge®. Do not use metal scouring pads or harsh scouring powders. A soft bristled brush may be used to clean underside of grill. After washing, rinse and dry.
5. The base and grill may be cleaned in an automatic dishwasher. Position pieces in dishwasher so they do not touch one another or other objects being washed.

GRILLING CHART

Food	Heat Setting	Comments
Bratwurst/Other Raw Sausages 6-8	MED	Turn frequently with tongs for uniform browning, grill until well done, total time 30-35 minutes.
Chicken Breasts 3-4, boneless or bone-in	MED	Grill 10-15 minutes per side (boneless), 25-30 minutes per side (bone-in) or until juices run clear.
Chicken Pieces 6-8	MED	Grill 20-25 minutes per side or until juices run clear.
Fish Steaks 2-4, 3/4-1 inch thick	LO	10-12 minutes per side or until fish flakes.
Frankfurters/other precooked sausages 6-8	MED	Turn frequently with tongs for uniform browning, total time 10-15 minutes or until heated through.
Ham Steak 1/2-1 inch	MED	Score any fat on sides. Grill 10-12 minutes per side or until heated through.
Hamburgers 4-6, 1/2-inch thick	HI	Grill 5 minutes per side (rare), 6 minutes per side (medium), 7 minutes per side (well), or to desired doneness.
Pork/Lamb Chops 2-4, 3/4-1 inch thick	HI	8-10 minutes per side. Pork should be well done.
Shrimp, shelled fresh or frozen, thawed	LO	6-8 minutes per side or until shrimp turn pink.
Steak 2, 1-inch thick	HI	Score any fat on sides. Grill 5-7 minutes per side (rare), 6-9 minutes per side (medium), 8-10 minutes per side (well), or to desired doneness.
Vegetables	MED	Brush with olive or vegetable oil. Grill onions, mushrooms, peppers, etc. for garnish on solid end while grilling other foods.

GRILLING TIPS

- Always use grill on a dry, level, heat resistant surface with grill securely positioned in base.
- Always place water in base to maximum water level line (4 cups) to help reduce smoking and make clean up easier.
- Always use hot pads when handling grill as handles and grill become hot during use.
- Begin grilling at recommended heat setting. Adjust heat setting if needed during cooking.
- The heat control dial can be set at LO, MED, HI or in between for grilling or at WARM for serving. The approximate temperatures of each setting are WARM (180°F), LO (250°F), MED (325°F) and HI (375°F)
- While grilling other foods use the solid ribbed area to grill vegetables. Brush vegetables with olive oil or vegetable oil for nice appearance.
- Tender cuts of meat are best for grilling; to tenderize less tender cuts of meat, marinate before grilling.
- Fish and seafood may be basted with melted butter or a flavored butter during grilling.
- If using a barbecue sauce, baste meat during the last 5 minutes of grilling.
- For best results, use tongs to turn meats to avoid piercing the skin. Use a wide spatula to turn fish fillets.

RECIPES

BEEF KEBOBS

1 1/2 pounds beef sirloin steak, cut in 1-inch cubes	1 large onion, cut in 1-inch pieces
1 cup marinade	1 green pepper, cut in 1-inch pieces
12 medium mushrooms	1 red pepper, cut in 1-inch pieces
	12 cherry tomatoes

1. Marinate beef cubes in refrigerator for several hours, using the following Teriyaki or Herb marinades or choose one of your favorite marinade recipes.
2. Drain beef cubes thoroughly before grilling.
3. Thread onto skewers, alternating meat and vegetables. Leave space between for even cooking.
4. Preheat grill at MED. Place kebobs lengthwise on grill. Grill 15 to 20 minutes or to desired doneness, turning occasionally. Serves 4-6.

TERIYAKI MARINADE

1/3 cup soy sauce	1 tablespoon sugar
1/3 cup dry white wine	1 clove garlic, minced
1/3 cup vegetable oil	1/4 teaspoon ground ginger
2 tablespoons dried minced onion	

1. Combine all ingredients in small bowl, set aside.
2. Place beef, chicken or pork in 9 x 13-inch baking pan. Pour prepared marinade over meat; cover and place in refrigerator for several hours. Spoon marinade over meat occasionally.
3. Drain meat thoroughly before grilling. Makes approximately 1 cup.

HERB MARINADE

1/2 cup vegetable oil	1 teaspoon dried marjoram leaves
1/3 cup red wine vinegar	1/4 teaspoon pepper
3 tablespoons Worcestershire sauce	1/4 teaspoon salt
1 teaspoon dried thyme leaves	

1. Combine all ingredients in small bowl, set aside.
2. Place beef, chicken or pork in 9 x 13-inch baking pan. Pour prepared marinade over meat; cover and place in refrigerator for several hours. Spoon marinade over meat occasionally.
3. Drain meat thoroughly before grilling. Makes approximately 1 cup.

LEMON BUTTER

1/4 cup butter	1/2 teaspoon onion salt
1 tablespoon dried parsley flakes	1/4 teaspoon pepper
1 tablespoon lemon juice	

1. Melt butter in small saucepan over low heat. Add remaining ingredients; stir to combine.
2. Use to baste fish, seafood, meats or vegetables during grilling.

DILL BUTTER

1/4 cup butter	1 teaspoon dried dill weed
1/4 teaspoon onion powder	

1. Melt butter in small saucepan over low heat. Add remaining ingredients; stir to combine.
2. Use to baste fish, seafood, meats or vegetables during grilling.

REPLACEMENT PARTS AVAILABLE

Replacement parts may be ordered by writing directly to The West Bend Company. See Warranty section for address. Be sure to include catalog number of your grill, description and quantity of what you want. Along with this information include your name, mailing address and your Visa, Mastercard or Discover credit card number for the billing of the part(s) to you. Your state's sales tax and a handling fee will be added to your total charge. Or, to send a check or money order call to obtain purchase amount. Please allow 2 weeks for delivery.

FULL 1 YEAR WARRANTY

Your West Bend® Warranty covers defects in the materials and workmanship of this Heart Smart™ Indoor Grill for one (1) year from date of original purchase. Any defective part of the Heart Smart™ Indoor Grill will be repaired or replaced without charge.

This warranty gives you specific legal rights and you may also have other rights that vary from state to state or province to province. This warranty does not cover damage to the Heart Smart™ Indoor Grill caused by misuse, accidents or alterations to the Heart Smart™ Indoor Grill.

If you think the Heart Smart™ Indoor Grill is defective or requires service, please carefully package and return the product prepaid and insured with a description of the problem to:

In U.S.

The West Bend Company
Attn: Customer Service Dept.
400 Washington Street
West Bend, WI 53095
(414) 334-6949

In Canada:

Authorized Service Depot
or
West Bend of Canada
Attn: Customer Service Dept.
28 Currie Street
Barrie, Ontario, Canada L4M 5N4
(705) 721-0404

Please ensure that you enclose the sales slip or proof of date of purchase in order to assure warranty coverage.

In U.S.: As an added convenience, you can send your product back by UPS using one of the Express Shipping Centers located in finer supermarkets across the country. Call 1-800-636-3977 for the Express Shipping Center near you.

WEST BEND.  

This booklet contains important and helpful information on your new product. Please file it for handy reference to instructions for proper use and care, warranty and service information.

For your personal reference, attach dated sales receipt for warranty proof of purchase and record the following information:

Date purchased or received as a gift: _____

Where purchased and price, if known: _____