

## Instructions For Use

**!!!WARNING!!!**

**\*READ OPERATING INSTRUCTIONS BEFORE USE.**

***\*\*See your Stove's "Manufacturer's Use and Care" booklet regarding the use of specialty cookware items prior to using the Grill It Indoor Smokeless Grill.***

***\*\*\*Never, use this product on any solid cast-metal disc burner. Never use on high heat with any stove, especially glass or ceramic top stoves.***

***\*\*\*\*Finding Your Stove's "Sizzle Point": Temperature settings can vary from one stove manufacturer to another. If your food is not cooking fast enough, adjust your burner's temperature up one or two settings until you hear the food sizzle. If your food is burning or smoking, either turn your stove off or down one or two settings as you've gone beyond the sizzle point. High heat will compromise the performance of the non-stick grill plate and void your guarantee.***

***\*\*\*\*\*Before Grilling: You must always pour one half cup of water, or one of the suggested alternate liquids, into the Stainless Steel, Moat-shaped Drip Tray / Flavor Ring. Never use without liquids.***

### **1. How to Place the Grill It on Your Type of Stove:**

**Ceramic Glass Top Stove:** Place the Stainless Steel Drip Tray *around* the **SMALLEST** glowing red element with the Grill Plate on top the Drip Tray. **NEVER** use the large element!!

**Electric Coil Stove:** Place the Stainless Steel Drip Tray *around* the **SMALLEST** heating element with the Grill Plate on top the Drip Tray. **NEVER** use the large element!!

**Gas Stoves:** Place the Drip Tray on top of your burner grate with Grill Plate on top and centered over the flame. *If the Grill It is not stable on your grate, remove the grate and replace it with a metal cake cooling rack. Then place the Grill It in the center as instructed above.*

### **2. Pour one half cup of water into the Stainless Steel Moat-shaped Drip Tray / Flavor Ring.**

Or you may choose to substitute the water with juice, wine, beer, chicken broth, or beef bullion. Doing so will infuse or steam-flavor foods as you grill. You may try red wine with steaks, white wine for fish and fowl, beer for seafood, brats and sausage, apple juice for pork chops. Add one teaspoon of Natural Liquid Smoke to any of the above liquids to impart an indoor smoky flavor to your foods grilled indoors.

***\*Liquid Levels: Never put more than one half cup of liquid into the Stainless Steel Flavor Ring. Check liquid level every 15-20 minutes as some evaporation will occur during cooking. Should the level get too low and the Grill It starts smoking, turn off the burner, carefully remove the Grill It from the stove, then add more liquid as needed. Return the Grill It to the burner and resume the cooking process. Never use the Grill It without one of the suggested liquids.***

**3. Always Pre-heat the Grill It for Perfect Results.** The Grill It is hot and ready when a drop or two of water placed on the grill plate's surface begins to "dance" and then disappear.

### **4. Pre-heat & Cook Temperature Settings:**

**Ceramic Glass Top Stoves:** Pre-heat on medium high and then cook on medium-medium high.

**Electric Coil Stoves:** Pre-heat on medium high and cook on medium except for steaks, pre-heat and cook on medium high.

**Gas Stoves:** Pre-heat on medium and cook everything on medium-low to medium, except for steaks, pre-heat on medium and then cook on medium.

**5. Chef's Secret for Perfectly Golden Brown Foods Every Time:** When grilling foods, resist the temptation to move or turn the food all the time. Perfect searing is achieved by first, grilling one side of the food perfectly golden brown and crispy before ever turning the food to the other side. "Sneak a Peak" by lifting up the corner of the food. When it's golden brown, then and only then should the food be turned.

**6. Cleanup & Care:** Allow the Grill It to cool down before handling the Grill Plate. Carefully pour any liquid from the Stainless Steel Drip Tray into the trash or reserve for gravies or sauces. ***Clean the Grill Plate with a non-abrasive sponge or kitchen type brush and warm sudsy water. Never scour or use harsh abrasives on top the Grill Plate.*** Doing so may alter or damage its non-stick characteristics and void your guarantee. **Or simply place both pieces in the dishwasher.**

**Marinating:** ***Never pour marinades directing into the Flavor Ring.*** Rather, brush marinades directly on your foods or marinate in the refrigerator for about a hour or overnight for optimum results. If you spray the Grill Plate with Pam before cooking marinated foods, cleanup will be a snap.

**Use the Grill It in RV's, Motorhomes or Boats.** Or even outdoor grills for grilling delicate fishes or smaller veggies that would ordinarily fall through your grills grate into the charcoal or heat source.

**Finally,** the Grill It is a time tested piece of professional cookware under every possible condition. If it's not working to your expectations you're either using the Grill It improperly or you didn't start by, first, thoroughly reading the operating instructions. "When all else fails, read the instructions" both for safety and anticipated results. Enjoy!

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**To Order Additional Grills, Call or Write:**

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Website: [www.grillit.info](http://www.grillit.info)**

## Grilled Garlic Peppered Chicken

What you need:

Boneless Skinless Chicken Thigh Meat  
Garlic Pepper Seasoning

Sprinkle chicken pieces with garlic pepper. Pour 1/2 cup of water into the Flavor Ring. Pre-heat Grill and cook with temperatures suggested on back this page, under #4. Sear-grill the chicken extra crispy on one side before turning over to the next side. 12-15 minutes at the “sizzle point. Enjoy!!

## Wined Steak with Braised Mushrooms & Asparagus

What you need to serve one person:

Beef Steak, 1” thick (your choice of cut)  
Coarsely Cracked Black Pepper  
3/4 Cup Red Wine (Port, Marsala, or your choice)  
6 Asparagus  
6 Small Mushrooms Thickly Sliced

Place the Steak in a ziplock Baggie. Pour the wine in the Baggie and marinate. Overnight is best. Before grilling, remove the Steak from the Baggie and pat dry with paper towel. Next, roll the Steak around in Pepper. Pour the remaining wine from the Baggie into the Flavor Ring. Pre-heat Grill (see #4 back of page). Next, place the Steak on the Grill and arrange the Asparagus & Mushrooms around the Steak. Cook on temperatures suggested for your stove on back page #4. As you sear the Steak perfectly on each side allow the Asparagus & Mushrooms to braise light golden brown in the Steak’s juices.

Rear Steaks should be removed from the Grill immediately after searing.  
Medium-Rare, add 1 one minute each side.  
Medium, add 2 minutes each side.  
Medium-Well, add 3 minutes each side.  
Well-Done, add as many minutes as you’d like to chew.

## Parmesan Peppercorn Ranch Dipped Broccoli

What you need:

Broccoli (as much as you need)  
Kraft Parmesan Peppercorn Ranch Dressing

Wash the Broccoli thoroughly. Next, slice the floret part of the Broccoli in half and through the remaining part of the stem. Place the Broccoli in a mixing bowl and add enough of the Dressing to lightly coat the Broccoli. Pour 1/2 cup of water into the Flavor Ring. Preheat the Grill (see back page, #4) then cook 4-5 minutes on each side. Delicious served hot or as an appetizer.

## Teriyaki Salmon Steak with Grilled Pineapple Rings

What you need:

Salmon Filets or Steaks (your choice)  
Teriyaki Sauce (Yoshida’s if you can find it)  
Pineapple Rings

Brush Teriyaki on both sides of the Salmon and set aside. Drain the excess juice from the Pineapple and cut in half. Preheat the Grill (see #4, back page). Place the Salmon on the Grill first, then place the Pineapple around the Salmon. Cook on temperature suggested on back page, #4. The Grill should be hot enough to caramelize the Teriyaki. Grill each side, only long enough for the color to change from pink to a dull fleshy color. Careful not to overcook. Turn Pineapple after you turn the Salmon.

Serve with Grilled Polenta Cakes and Ribbon-Sliced Swiss Chard topped with Mango Chutney.

## Sear Grilled Wine Poached Lemoned Rainbow Trout Almondine

What you need:

2 Rainbow Trout Filets  
3 Eggs  
2 Tablespoons Fresh Lemon Juice  
1/4 Cups Almonds, Ground or Slivered  
2 Teaspoons Soy Sauce  
1/2 Cup White Wine  
10 Spears of Asparagus  
Honey Mustard  
Olive Oil or Butter  
12” Domed Lid

In a flat dish, beat the eggs and blend in the lemon juice and Soy Sauce. Lay the Trout in the mixture thoroughly coating each piece. Next, evenly sprinkle half the Slivered Almonds on the “face up” side of the Trout. Let stand.

Pour the 1/2 cup of White Wine into the Flavor Ring. Preheat the Grill (see #4, back page). Brush the Grill Plate with either the butter or the olive oil, whichever you prefer. With Almond coated side down, lay the Trout on the Grill cooking it on the temperature suggest on back page, #4. Immediately sprinkle on remaining Almonds. Sear each side of the Trout until golden brown, turning with a spatula. Cover with 10” or 12” Domed Lid and finish by wine poaching for another 2-3 minutes or until fish is flaky.

Serve with Grilled Asparagus lightly coated with Honey Mustard and Wild Rice.

## Spicy Thai Peanut Coconut Encrusted Prawns

12 Prawns, de-veined  
Thai Peanut Sauce (Find at Supermarket)  
1/2 Cup Shredded Coconut  
1 Fresh Lime  
Lightly brush the Prawns with the Peanut Sauce. Put the Shredded Coconut in flat bowl and then roll and coat the Prawns with Coconut. Let stand. Pour 1/2 cup of water (or beer) into the flavor ring. Preheat Grill (see #4, back page).

Place the Prawns on the Grill and cook 2 minutes on each side using the temperature suggested on back page, #4. Remove from Grill when done and squeeze a little Lime Juice on the Prawns. Serve with rice and the following:

## Braised Sweet & Sour Red Cabbage with Grilled Fuji Apples

2 Cups Red Cabbage, Ribbon-Sliced  
1 Fuji Apple, Cut in 1/4” cubes  
2 Tablespoons Butter  
Rice Wine Vinegar  
1/2 Cup Chicken Broth (or just water)  
12” Domed Lid

Pour the Chicken Broth into the Flavor Ring. Preheat the Grill on the highest recommended setting (#4, back page). Place the Cabbage and the Apple on the Grill. Add the Butter evenly and throughout this mixture. Cover with the Domed Lid and let Steam-Flavor and cook for 4-5 minutes. With tongs, keep turning the mixture and covering it until lightly brown. Serve hot or chilled adding enough of the Rice Wine Vinegar to give it a little bite.

## Grand Marnier Dipped Bananas

Bananas, Ripe (as many as you’ll want to serve)  
Grand Marnier Liqueur  
Butter (optional, but why not?)

Slice Bananas into 1/4” slices. Place the Bananas in a mixing bowl. Pour enough Grand Marnier into the bowl, so that when stirred, the Liqueur thoroughly coats the Bananas.

Pour 1/2 cup of water into the flavor ring. As the Grill is preheating (see #4, back page), smear some of the Butter onto the grill plate and when melted place the fruit on the Grill. Cook until both sides are golden brown.

Serve onto Vanilla Ice Cream or Grilled Pound Cake and Whip Cream.

## Cider Marinated Center Cut Pork Chops

What you need:

2-4 Chops, Center Cuts  
1 Cup Apple Cider or Juice  
Lemon Pepper Seasoning Salt  
10” or 12” Domed Lid

Place the Chops in a large ziplock Baggie. Sprinkle in a 1/2 teaspoon of Lemon Pepper. Pour the Cider in the Baggie, seal it and then swish the Cider around so that it and the Lemon Pepper coats the Chops. Marinate in refrigerator at least one hour or overnight is best.

Next, pour 1/2 cup of the Cider-Lemon Pepper mixture into the Flavor Ring. Preheat the Grill (see #4, back page). Place the Chops on the Grill and quickly sear each side, 2-3 minutes until golden brown. Then cover with Domed Lid and Steam-Flavor finish the Chops, usually another 2-3 minutes or until done.

Serve with Garlic Potato Pancakes and side salad.

## Heart-Healthy Meat Loaf (In the Oven)

2-3 Pounds of Lean Ground Beef  
1/2 Pound of Ground Pork  
1/2 Cup Packed Brown Sugar  
1/2 Cup Bread Crumbs  
1 Teaspoon Dry Mustard  
1 Medium Shredded Potato  
Salt and Pepper to Taste

Mix all the ingredients together and then shape into a ball. Place the “ball” in the center of the Grill and press down into a more oval shape taking care not to totally cover the drip holes on the Grill Plate so that fat can drain off during the cooking process.

**For this recipe, you’ll be placing the Grill in the oven for baking.** Preheat the oven to 375 degrees. Pour 1/2 cup water in the Flavor Ring. Next, place the Grill, with the meat load on top of it on a small cookie sheet. Bake the Meat Loaf for 1-1 1/2 hours or until done. This will be the Heart-Healthiest, moistest Meat Loaf you’ve ever had. And the Shredded Potato will add a unique flavor and texture.

Look for more delicious recipes on our website: [www.grillit.info](http://www.grillit.info).