

# LIFESMART KAMADO CERAMIC GRILL

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## OWNER'S MANUAL & COOKING GUIDE



**Questions, problems, missing parts?** Contact technical support department  
at **657-341-0362, 9:00 a.m. - 5 p.m., PST, Monday - Friday**  
Please have your model and serial number ready

# WELCOME

Thank you for purchasing a Lonestar Chef Kamado Ceramic Grill. Once you experience this superior method of cooking we believe you will never return to gas cooking after tasting the difference!

Over many years we have continued to refine kamado ceramic cooking techniques for grilling, smoking, baking and cooking all types of meats, poultry, fish and vegetables. Kamado cooking locks in moisture and provides a variety of ways to infuse different tastes into your foods that turns weekend grillers into neighborhood chefs.

Our Lifesmart Kamado Ceramic Grill builds on this heritage with fresh aesthetics, safety and convenience features, a user-friendly easy-lift lid with spring assist and high-quality materials to define a new industry standard for design and innovation.

The thick ceramic construction of our grill provides superior thermal insulation allowing you to grill, cook, bake or smoke regardless of the season, from the hot summer days to the cold snowy days.

Please read and understand this entire manual before attempting to assemble, operate, or install the product.



## COOKING WITH YOUR KAMADO

Your new Lifesmart Kamado Ceramic Grill is the complete outdoor cooking appliance that allows you to sear, grill, bake and smoke all types of food. For best results, we recommend using natural lump charcoal made from hardwoods. Compared to briquettes, natural charcoals start faster, burn cleaner and longer, reach higher temperatures and produce less ash. Left-over natural charcoal also relights for re-use. Before re-starting the grill, knock off excess ashes to any remaining charcoal. Routinely empty ashes, but only empty ashes when grill is cold. Starting your Lifesmart Kamado Ceramic Grill is simple and fast: Open grill lid, open top and bottom vents wide open, fill the inner fire bowl with enough charcoal to just cover the air holes, then light the charcoal using either an electric starter or approved grill starters. After several coals are burning, spread evenly, close lid, adjust top and bottom vents, and wait for the grill to reach your desired cooking temperature. As needed, add more charcoal by using the flip grate feature, being careful not to burn yourself with the hot food or cooking grate.



# STARTING

## Step 1: Measuring Charcoal

Set bottom vent wide open and open lid. Measure out the amount of charcoal needed. For grilling foods fill the fire bowl with enough charcoal to just cover the air holes. For smoking foods at low temperatures for longer periods of time (1.5 hours+) you will need to add a little more charcoal, up to approximately 2" (50 mm) above the same air holes. Once measured mound charcoal over perforated stainless steel electric starter pocket. Use lump charcoal for best results.

## Step 2: Starting Charcoal

Open top and bottom vents. Light charcoal using electric starter or chimney. Do not use lighter fluids. For best results, use lump charcoal.

## Step 3: Setting Temperature

When charcoal is ready level it out for even heat distribution. Close the lid. Set the top and bottom vents to the desired setting by referring to the Setting Temperature section in this manual that tells what number calibrations to use to attain the cooking temperature you want. Give your kamado 5–15 minutes to settle into the cooking temperature you want before you put food on the grill.






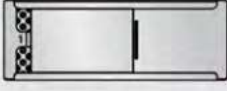
NOTE: If smoking, do not bring your temperature up above 200°F/93°C.

- A)** Spread hot charcoal evenly over grate.
- B)** Set top and bottom vents for cooking.
- C)** Let temperature stabilize.

## Step 4: Get Cooking

Use a wire grill brush to clean the cooking grate. That's it – you are ready for the cooking experience of your life. Go to our website for recipes.

# SETTING TEMPERATURE

	TOP VENT		BOTTOM VENT
SEARING		500°+F 260°+C	
GRILLING		300° - 450°F 149° - 233°C	
SMOKING		225° - 250°F 107° - 221°C	

Kamado Ceramic Grill cooking temperatures are controlled by adjusting the calibrated top and bottom vents.

\*Caution – Decide if you're cooking low and slow, then do not let the grill get too hot. Keep the temperature low, it takes hours to cool down.

Increasing air flow through top and bottom air vents increases cooking temperature, just as decreasing air flow slows the burn and lowers the cooking temperature. Closing both top and bottom vents starves the charcoal of oxygen and shuts down the fire.

\*Caution - Continuous grilling at extreme high temperatures will cause the felt to burn.

Prevent Flare-Ups:

If the lid is lifted too quickly, oxygen will rush inside the grill causing a flare-up. To prevent a flare up, lift the lid 1"/25mm and count to three before fully opening the grill.



# COOKING TEMPERATURE

All cooking times are approximate.

## SMOKING

	Size	Cooking Time	Meat Temp
<b>BEEF</b>			
Roasts, Ribs	3-4 lb. (1.3-1.8 kg)	3-4 hours	225°F / 107°C
<b>PORK</b>			
Loin	2-4 lb. (5 kg)	2-3 hours	225°F / 107°C
Roasts	4.5 lb. (2 kg)	1.5-2.5 hours	225°F / 107°C
Ribs	Full Grate	3-4 hours	225°F / 107°C
<b>POULTRY</b>			
Chicken	4 lb. (1.8 kg)	1-2 hours	250°F / 121°C
Turkey	10-15 lb. (4.5-6.8 kg)	3-4.5 hours	250°F / 121°C

## GRILLING

	Size	Cooking Time	Meat Temp
<b>BEEF</b>			
Steaks	1" (2.5 cm) thick	3-4 min./side	160°F / 71°C
Kabobs	1" (2.5 cm) cubs	4-5 min./side	145 - 160°F / 63-71°C
Hamburger Patty	½" (12 mm) thick	3-4 min./side	160°F / 71°C
Sirloin Tip	3.5-4 Lb. (1.5-1.8 kg)	20-25 min./lb	145 - 160°F / 63-71°C
Ribs cut in	cut in 1-rib portions	10 min./side	160°F / 71°C
Tenderloin	half 2-3 lb. (0.9-1.3 kg)	10-12 min./side	145°F / 63°C
	whole, 4-6 lb. (1.8-2.7 kg)	12-15 min./side	160°F / 71°C
<b>CHICKEN</b>			
Breast halves, bone-in	6-8 oz. (170-226 g) each	10-15 min./side	170°F / 77°C
Breast halves, boneless	4 oz. (13 g) each	6-8 min./side	170°F / 77°C
Legs or thighs	4-8 oz. (113-226 g)	10-15 min./side	180°F / 82°C
Drumsticks	4 oz. (13 g)	8-12 min./side	180°F / 82°C
	3 oz. (56-85 g)	8-12 min./side	180°F / 82°C

## WARNING

PLEASE READ THE ENTIRE MANUAL BEFORE OPERATING YOUR KAMADO GRILL.  
PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE.

**ATTENTION!** Use caution when cooking as grill surfaces get hot. To avoid burns, always use protective gloves to adjust top and bottom vents when grill is in use. Do not wear loose clothing near the grill.

For outdoor cooking use only. Do not operate grill indoors or in an enclosed space. Use grill only in well ventilated areas. Keep immediate area around the grill free from combustible materials. Allow for at least 3 feet/1 meter of clearance around grill (house, other outdoor products, hanging tree limbs, shrubs, etc.)

**WARNING!** Keep children and pets away from the grill at all times. Do not allow children to operate grill. Never leave grill unattended when in use.

Grill needs to be placed securely on a level base prior to use. Only operate grill on a hard, stable level surface (concrete patio, ground, etc.) capable of supporting the grill's weight when loaded with food. Never operate grill on wood support surface, wood deck or like combustible support surfaces under any conditions. Never attempt to move grill when in operation or cooling down. Never operate this grill within 25 feet/7.5 meters of any flammable liquid. Never operate this grill within 10 feet/3 meters of a gas cylinder. The grill should not be placed under combustible structures, such as garage, porch, patio, or carport. Burning charcoal gives off carbon monoxide, which has no odor and can cause death.

The use of alcohol, prescription or non-prescription drugs may impair the operator's ability to properly assemble or safely operate the grill. Do not use on boats or recreational vehicles.

**CAUTION:** Never use lighter fluid, gasoline, or other volatiles to start your charcoal, as is dangerous and they leave a residual taste in your food. Use utmost care when adding charcoal to grill. Electric start-up is recommended. Dispose of cooled ashes by placing them in aluminum foil, soaking with water and discarding in a non-combustible container.

When cooking above 500° F/260° C, with both top and bottom vents closed, rapidly opening the lid creates a sudden rush of oxygen into the grill which can cause a flare-up of flames. When in this cooking mode, we recommend that, prior to opening the lid, you open both top and bottom vents to allow oxygen to stabilize inside the grill before opening, minimizing the possibility of flare-ups.

Technical support department call 657-341-0362, 9:00 a.m. - 5 p.m., PST,  
Monday - Friday. Or email anytime [cs@scsources.com](mailto:cs@scsources.com)

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