

microHearth

Microwave Grill Pan Cookware

Desserts

08~11P

Main
Dishes

12~19P

Sides

20~25P

User Guide and Recipe Booklet



For microwave only

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microwHearth
Microwave Grill Pan Cookware

Congratulations on your Microhearth purchase. With this revolutionary pan, cooking results may surprise you. The results are moist and flavorful foods that utilize the microwave oven's convenience; while enduring natural flavor and freshness.

With this pan you can sauté and grill your favorite foods and recipes in the microwave in less time than usual. You'll find this cookware is easy to use, and will soon become a favorite in your kitchen to grill sandwiches, vegetables, meat and fruit. A wise investment saving you both time and money.



FEATURES & BENEFITS

The durable, high-heat resistant Microhearth Grill Pan has been designed for microwave-use only. While there are many makes and models, it has been designed to fit in standard units, from built-in to smaller counter-top units.

Consists of two components that nest together making it versatile and compact for easy storage!

1. Non-stick coated metal Pan with raised ridged base gives food seared grill marks and keeps them out of drippings. The durable body is formulated to safely perform under hottest temperatures. The small holes on the bottom of the Pan have been designed to ensure steam can release during the heating process - so never close or clog the vent holes.
2. Ceramic-coated metal Lid with standing handle allows you to conveniently rest it upright so moisture does not drip on the counter. Ceramic-coating is especially designed for use in the microwave and eliminates the "microwaves" that normally cause dryness by penetrating through the food during cooking.

EASY CLEAN-UP!

- Simply place the non-stick coated Pan under a slow stream of running water, thoroughly wipe out, and then rinse and dry with a soft dish towel. (Remember: never submerge the Pan as holes may fill with water).



- The ridged base may require use of a nonabrasive sponge, cloth or brush to thoroughly clean ridges.
- Avoid use of **abrasive** scouring pads as they will harm the coating.
- Lid may be washed in warm, soapy water and is dishwasher-safe.
- While the Microhearth is made of extremely durable materials, avoid dropping to prevent scratching or cracking.



A FEW THINGS TO KNOW BEFORE STARTING

Knowing the wattage of your unit will help determine the amount of time needed for cooking. Models range from 700-1200 watts, with 900-1100 watts the most common. If you do not know the wattage check inside the microwave, the appliance manual, or with the microwave manufacturer.

Be sure to start with a clean interior of the microwave including the glass turntable. The Microhearth is not intended for use with direct heat (gas range, grill, induction range, oven, or hot plate) as damage to product will occur. Always place the Lid on while microwaving and never place the unit in the microwave without food except when heating oil for frying.

It is recommended to allow the Microhearth to cool between uses. The Pan bottom and Lid get hot so always use oven mitts or pads when removing unit. Avoid use of disposable plastic utensils as they may result in melting.

Recipes developed in this booklet have recommended cooking times based on the 1000-1200 watt units. Food should be cooked on HIGH, or FULL power. If you do not know the microwave output, begin with our suggested timing or set the timer for less time and check food. If the food is not thoroughly cooked, simply return the Microhearth to the microwave and heat an additional 1-3 minutes.

A FEW THINGS TO KNOW BEFORE STARTING

Once you prepare several recipes, you will know how your microwave cooks and can adjust cooking times accordingly. To convert favorite recipes or packaged food, reduce cooking times by about one-third the time. And remember, even though a microwave has the same output, there may be a 10-15% temperature difference.

Enjoy!

IMPORTANT SAFEGUARDS

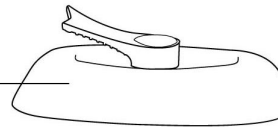
- Over cooking will result in food burning and may damage Pan's coating.
- Use of liquid, oil, or no-stick cooking spray is required in all Pan cooking applications.
- Using the product for applications other than those recommended may result in damage to product and coating.
- Always use care when removing unit from microwave as components may become hot and steam may escape causing harm.
- Not intended for commercial-use.

PRODUCT SPECIFICATION

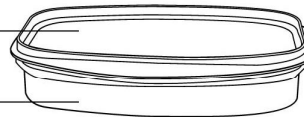
Grill Pan for Microwave Oven

- Main body + Lid
- Weight : 2.5 lbs
- Size : 9" X 10" X 4"
- Heat resistant temperature: Up to 480°F
- Made in Korea

Ceramic-coated metal Lid



Non-stick coated metal Pan with raised ridged base



SPS BPA free plastic body with stay-cool built-in handle



“Berry” Good Shortcakes

A dessert that not only looks and tastes delicious, but comes together easily any time of the year.

Ingredients

- 4 slices packaged angel food cake
- 1 tablespoon butter, melted
- 2 cups frozen mixed berries, thawed with juice
- 2 tablespoons orange juice or Grand Marnier liqueur
- Whipped topping

1. Brush one side of each cake slice with melted butter. Place each slice butter side down on bottom of Microhearth Grill Pan.
2. Place Lid over unit; microwave 2 minutes. Carefully remove Lid; turn cake over. Microwave 60-90 additional seconds or until grill marks appear on cake. Meanwhile, combine thawed berries and orange juice in mixing bowl; gently toss.
3. To serve, place one slice of cake on dessert plate. Top with berry mixture; garnish with whipped topping.

Makes 4 servings

Cook's Tip: *When fresh berries aren't available, substitute fresh for frozen. Simply add 1 tablespoon granulated sugar to develop fruit juice.*

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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Grilled Peaches & Cream

No need to turn the oven on to enjoy the similar taste of warm peach pie with this grilled treat.

Ingredients

- 2 firm, ripe medium peaches, cut into wedges
- 2 teaspoons butter, melted
- 4 slices pound cake
- Vanilla ice cream
- Fresh raspberries
- ¼ cup red raspberry preserves, warmed

1. Combine peach wedges and melted butter in mixing bowl; gently toss. Place peaches on bottom of Microhearth Grill Pan.
2. Place Lid over unit; microwave 3-4 minutes. Carefully remove Lid; turn peaches over. Microwave 1-2 additional minutes, or until softened.
3. To serve, lay one slice of cake and scoop of ice cream on dessert plate. Spoon warm peaches on cake. Garnish with fresh raspberries; drizzle preserves over dessert.

Makes 4 servings

Cook's Tip: Try fresh pears or mango slices with other ice creams for a different taste.

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Strawberry & Chocolate Crostini

Sweet and crunchy grilled toasts create little hors d'oeuvres for dessert.

Ingredients

16 slices French baguette, cut ¼-inch thick
2 tablespoons butter, melted
2 tablespoons granulated sugar
8 medium strawberries, thinly sliced
2 ounces white chocolate, melted
3 tablespoons chopped pecans

1. Lightly brush both sides of baguette slices with butter. Sprinkle with sugar. Lay 8 baguette slices down on bottom of Microhearth Grill Pan.
2. Place Lid over unit; microwave 1-2 minutes or until light golden brown and grill marks appear. Carefully remove Lid; turn baguette slice over. Allow residual Pan heat to grill other side of bread 1-2 minutes.
3. Remove slices to serving platter. Repeat cooking with remaining 8 slices. To serve, arrange sliced strawberries on each grilled crostini slice. Drizzle with melted white chocolate; sprinkle with chopped pecans. Serve at room temperature.

Makes 16 crostini (about 8 servings)

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Warm Pineapple with Toasted Coconut Topping

Grilling fruit is easy, delicious and a healthy after dinner treat!

Ingredients

- ¼ cup sweetened flaked coconut
- 2 tablespoons chopped pecans
- 2 sliced fresh pineapple rings, cored, cut ½-inch thick
- 1 tablespoon maple syrup
- 1 tablespoon milk chocolate morsels, optional

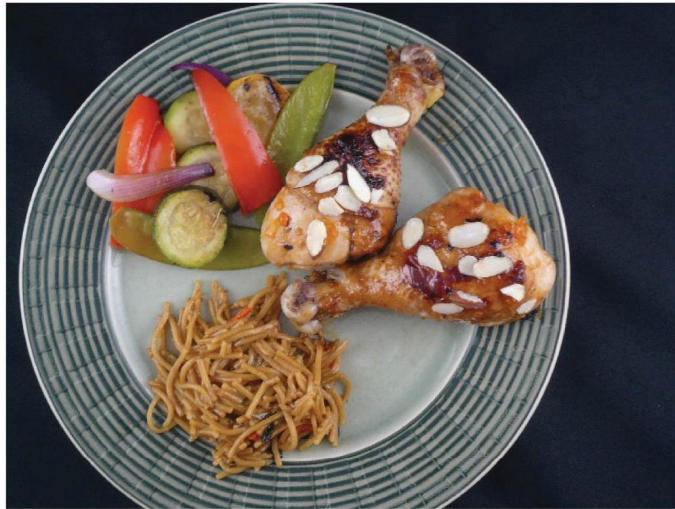
1. Combine in small mixing bowl coconut and pecans. Lightly spray bottom of Microhearth Grill Pan with no-stick cooking spray. Pour coconut mixture on bottom of pan.
2. Place Lid over unit; microwave 60-90 seconds. Carefully remove Lid; stir coconut mixture and allow to brown in hot Pan 1-2 minutes. Remove coconut mixture; set aside.
3. Place pineapple slices on bottom of Pan. Place Lid over unit; microwave 3-4 minutes. Remove; turn pineapple slices over and allow to cook with residual Pan heat 1-2 minutes. Drizzle maple syrup over pineapple to warm.
4. To serve, place grilled pineapple on dessert plate. Sprinkle coconut topping over pineapple. Garnish with chocolate morsels, if desired.

Makes 2 servings

Cook's Tip: *Grilled pineapple is an easy addition to an ice cream sundae, or added to a holiday ham.*

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Apricot-Glazed Drumsticks

This Asian inspired dish is a tasty dinner, or can be packed for an easy lunch at the office.

Ingredients

- ¼ cup reduced-sodium soy sauce
- ¼ cup balsamic vinegar
- 2 tablespoons vegetable oil
- 1 tablespoon peeled fresh ginger root, finely chopped
- 1 medium pressed garlic clove
- 6 chicken drumsticks, rinsed
- 2 tablespoons apricot preserves
- 4 teaspoons sliced almonds

1. In mixing bowl combine soy sauce, vinegar, oil, ginger, and garlic; mix well. Place chicken and marinade in resealable food storage bag; turn to coat. Marinate in refrigerator 4 hours, or overnight, turning occasionally.
2. Spray bottom of Microhearth Grill Pan with no-stick cooking spray. Remove chicken from marinade; discard marinade. Place drumsticks on bottom of Pan. Place Lid over unit; microwave 5-6 minutes. Carefully remove Lid; turn drumsticks over. Microwave additional 3-4 minutes.
3. Remove Pan and Lid; brush preserves over chicken. Cover; allow chicken to continue cooking 2-3 minutes or until internal temperature reaches 170°F and juices run clear. Garnish with sliced almonds.

Makes 2 servings

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Fish Tacos

Grilled tilapia combined with crunchy slaw makes for a great contrast in texture.

Ingredients

- ¼ cup mayonnaise
- 1 tablespoon fresh lime juice
- ¼ cup fresh snipped cilantro
- 4 yellow corn tortillas (6-inch)
- 2 tilapia fillets (4-6 oz. each)
- ½ teaspoon ground black pepper
- 1 plum tomato, seed and diced
- 1 cup broccoli slaw mix
- 1 avocado, seeded and sliced, optional

1. Combine in small mixing bowl mayonnaise, lime juice and cilantro; mix well. Set aside. Lightly spray Microhearth Grill Pan with no-stick cooking spray. Place 2 corn tortillas on bottom of Pan.
2. Place Lid over unit; microwave 2 minutes. Carefully remove Lid; turn tortilla over; microwave additional 60-90 seconds. Remove; keep warm. Repeat with remaining 2 tortillas reducing cook time.
3. Lightly spray Pan with no-stick cooking spray. Season fillets with pepper. Place tilapia on bottom of Pan. Place Lid over unit; microwave 3-4 minutes. Remove Lid; turn tilapia over; microwave 1-2 minutes or until tilapia flakes easily with a fork. Remove; flake into bite-size pieces.
4. To assemble taco, spread one fourth of mayonnaise mixture over tortilla. Place one fourth of broccoli slaw, fish and tomato in center; fold over. Repeat with remaining tortillas, vegetables and fish. Garnish plate with avocado, if desired.

Makes 2 servings

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Glazed Salmon

Adding a simple glaze gives this salmon a delightfully spicy flavor.

Ingredients

- 1 tablespoon Dijon mustard
- 1 teaspoon prepared horseradish
- 1 tablespoon honey
- 1 tablespoon olive oil
- 2 skinless salmon fillets (5-6 oz. each)
- Salt and ground black pepper, to taste

1. Combine in mixing bowl mustard, horseradish and honey; mix well. Set aside. Brush oil over all sides of salmon. Season with salt and pepper. Place salmon on bottom of Microhearth Grill Pan.
2. Place Lid over unit; microwave 3 minutes. Carefully remove Lid; turn salmon over. Brush mustard glaze over top. Microwave 2-3 additional minutes or until salmon flakes easily with a fork.

Makes 2 servings

Cook's Tip: *If the salmon is not completely cooked; place the Lid on and allow it to cook a few additional minutes in the hot Pan.*

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Italian Sausages

No need to go outdoors to prepare these tasty "grilled" sausages!

Ingredients

- ½ cup beer or non-alcoholic beer
- 2 Italian sausages
- 2 submarine or bratwurst rolls, split
- Gardiniera relish, ketchup and mustard

1. Pour beer in bottom of Microearth Grill Pan. Score each sausage 3-4 times. Place sausage on bottom of Pan.
2. Place Lid over unit; microwave 4-5 minutes to simmer sausages. Carefully remove Lid; pour beer out from Pan. Microwave sausages 2-3 additional minutes or until sausages are evenly browned and grill marks appear. Place sausages in rolls. Top with relish, ketchup and mustard.

Makes 2 servings

Cook's Tip: *Simmering the sausages in beer not only gives added flavor, but cooks the sausages without over-browning.*

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Lemon Grilled Chicken

Create a popular taste of Italy right in your microwave!

Ingredients

- 2 teaspoons olive oil
- 2 boneless, skinless chicken breasts (4-5 oz. each)
- 2 teaspoons lemon pepper seasoning
- 2 teaspoons fresh lemon juice
- 1 tablespoon fresh snipped basil
- Lemon slices

1. Brush oil onto each side of chicken, sprinkle with seasoning. Place chicken on bottom of Microhearth Grill Pan.
2. Place Lid over unit; microwave 4-5 minutes. Carefully remove Lid; turn chicken over. Microwave 3-4 additional minutes, or until cooked through. Remove Lid; drizzle lemon juice over chicken. Place chicken on plate; garnish with basil and lemon slices.

Makes 2 servings

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Sizzlin' Steak Fajitas

No reason to go to a restaurant when you can prepare these sizzling, hot fajitas at home.

Ingredients

- 2 tablespoons fresh lime juice
- 2 tablespoons plus 2 teaspoons vegetable oil, divided
- 1 medium pressed garlic clove
- ½ teaspoon ground red pepper flakes
- ½ pound boneless beef top sirloin steak
- 1 small onion, cut into ¼-inch slices
- 1 small green bell pepper, cut into ¼-inch strips
- 1 cup (4 oz.) shredded Monterey Jack cheese
- 4 flour tortillas (9-10 inch)

1. Combine lime juice, 2 tablespoons vegetable oil, garlic and red pepper flakes and sirloin steak in resealable food storage bag, turn to coat. Refrigerate 1-3 hours, turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on bottom of Microhearth Grill Pan. Place Lid over unit; microwave 3-4 minutes. Carefully remove lid; turn meat over. Microwave 2-3 additional minutes or until steak is medium rare (145°F) to medium (160°F) doneness. Remove steak; cover loosely with aluminum foil to stay warm.
3. Brush remaining 2 teaspoons oil on bottom of Pan. Place onion and green pepper in Pan. Place Lid over unit; microwave 4-5 minutes or until vegetables are crisp-tender. Meanwhile, cut steak into thin strips.
4. To assemble fajita, sprinkle ¼ cup cheese over tortilla. Place one fourth of steak and vegetables in center; roll up tightly. Repeat with remaining tortillas, steak and vegetables. Serve immediately.

Makes 2 servings

Cook's Tip: *Adjust the cooking time depending on preferred doneness; lower time for medium rare; higher time for medium doneness.*

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Teriyaki Pork Kebabs

Who would have thought preparing kebabs could be so convenient as this.

Ingredients

- 1/3 cup less-sodium teriyaki marinade & sauce
- 1/2 pound pork tenderloin (about 12 pieces), cut 1-inch thick
- 2 teaspoons vegetable oil
- 1/2 small green bell pepper, cut into 1-inch pieces
- 1/2 small red bell pepper, cut into 1-inch pieces
- 2 fresh pineapple slices, cut into 1-inch chunks
- 4 skewers (7-8 inches)
- Rice, optional

1. Combine marinade sauce and pork pieces in resealable food storage bag, turn to coat. Refrigerate 30 minutes.
2. Brush oil over bottom of Microhearth Grill Pan. Remove pork from marinade; discard marinade. Alternately thread pork, bell peppers and pineapple onto 4 skewers. Place kebabs on bottom of pan.
3. Place Lid over unit; microwave 3 minutes. Carefully remove Lid; turn skewers over. Microwave 2-3 additional minutes or until pork is no longer pink. Remove; serve kebabs over rice, if desired.

Makes 2 servings (4 skewers)

Cook's Tip: *Pork should be marinated no longer than 30 minutes or it may become soft and mushy.*

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Tuna Melt Patties

A light and healthy change of pace to the usual "grilled" burger.

Ingredients

2 cans (5 oz. each) water-packed white tuna, drained
1/3 cup finely chopped celery
3 tablespoons pickle relish
2 tablespoons green onions with tops, sliced
2 tablespoons unseasoned dry bread crumbs
2 tablespoons mayonnaise
1 egg white
1/8 teaspoon ground black pepper
4 slices American cheese
4 English muffins, split and toasted
Lettuce and tomato, optional

1. Combine in mixing bowl first 8 ingredients; mix well. Form tuna mixture into 4 round patties, 1/2-inch thick. Lightly spray bottom of Microhearth Grill Pan with no-stick cooking spray.
2. Place 2 patties in pan. Place Lid over unit; microwave 4-5 minutes. Carefully remove Lid; turn patties over. Microwave 2 additional minutes. Remove Lid; place slice of cheese on each patty; cover and let stand 30-60 seconds, or until melted.
3. Spread toasted muffin with additional mayonnaise, if desired. Top muffin halves with lettuce, tuna patties, tomato and remaining muffin halves. Repeat cooking procedure for remaining 2 patties reducing cooking time; or refrigerate 1-2 days until ready to prepare.

Makes 4 patties

Cook's Tip: *Substitute canned boneless, skinless salmon for tuna.*

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Cashew-Snow Pea Grill

This vibrant side dish pairs perfectly with fish, poultry or a steak!

Ingredients

- 1 teaspoon reduced-sodium soy sauce
- 1 teaspoon rice vinegar
- 1 teaspoon peeled fresh ginger root, finely chopped
- ½ teaspoon sesame oil
- 1 package (8 oz.) snow peas, trimmed
- ¼ cup unsalted cashews

1. Combine in mixing bowl soy sauce, vinegar, ginger, and oil; mix well. Gently toss snow peas with mixture. Place vegetables on bottom of Microhearth Grill Pan.
2. Place Lid over unit; microwave 3 minutes. Carefully remove Lid; turn peas over. Add cashews; stir. Microwave 1-2 additional minutes or until peas are tender-crisp.

Makes 2-3 servings

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Cheese Steak Fries

These fries will be as much a treat for the kids as they are for adults.

Ingredients

- 2 medium russet potatoes, cut into wedges
- 1 teaspoon vegetable oil
- Salt and ground black pepper, to taste
- ¼ cup (1 oz.) shredded Cheddar cheese

1. Combine in mixing bowl potato wedges with oil, salt and pepper; gently toss. Place in bottom of Microhearth Grill Pan.
2. Place Lid over unit; microwave 3-4 minutes. Carefully remove Lid; turn potatoes over. Microwave 2-3 additional minutes or until crisp and grill marks appear. Remove; sprinkle with cheese. Place Lid on to allow cheese to melt 60-90 seconds.

Makes 2 servings

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Garlic Bread

An easy accompaniment to any meal prepared in just minutes without turning the oven on.

Ingredients

- 3 tablespoons butter or margarine, melted
- 1 large pressed garlic clove
- 4 slices Italian bread

1. Combine butter and garlic in small bowl; mix well. Brush each side of bread with butter mixture. Place 2 bread slices on bottom of Microhearth Grill Pan.
2. Place Lid over unit; microwave 2 minutes. Carefully remove Lid; turn bread over. Microwave 60-90 additional seconds or until crisp and grill marks appear. Remove; repeat with remaining 2 slices of bread reducing cook time in half.

Makes 2-4 servings

Cook's Tip: *When cooking additional bread slices, Grill Pan is hot and residual heat will continue to cook food reducing total cook time.*

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Grilled Ham & Cheese Sandwich

A classic sandwich that even a child can prepare in the Microhearth Grill Pan.

Ingredients

- 2 slices sourdough bread
- 1 tablespoon butter, softened
- 1-2 teaspoons Dijon mustard, as desired
- 2-3 slices (about 2 oz.) deli ham
- 2 slices Swiss cheese

1. Butter one side of each bread slice; turn over and spread mustard on other side. Place butter side down on bottom of Microhearth Grill Pan. Place ham over mustard; layer cheese slice over ham. Lay other bread slice, mustard side down over cheese.
2. Place Lid over unit; microwave 2-3 minutes. Carefully remove Lid; turn sandwich over. Microwave 60-90 additional seconds or until crusty and grill marks appear. Serve immediately.

Makes 1 sandwich

Cook's Tip: *If making more than one sandwich, reduce cooking time in half for second sandwich as Pan will be hot.*

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Grilled Vegetables

Fresh grilled vegetables are perfect as a simple side or main dish.

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- ½ teaspoon granulated sugar
- ⅛ teaspoon each salt and ground black pepper
- 4-6 asparagus, ends trimmed
- ½ medium red bell pepper, cut into eighths
- ½ medium red onion, cut into eighths
- ½ small zucchini and/or yellow squash, cut into ½-inch slices

1. Combine in large mixing bowl oil, vinegar, sugar and seasonings; mix well. Add prepared vegetables to bowl, toss well to coat. Place vegetables on bottom of Microhearth Grill Pan.
2. Place Lid over unit; microwave 4-5 minutes. Carefully remove Lid; stir vegetables. Microwave 2-3 additional minutes, or until vegetables are crisp-tender.

Makes 2-3 servings

Cook's Tip: Try other vegetables such as eggplant, mushrooms, tomatoes and potatoes.

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Quick Quesadillas

These quick quesadillas make a great appetizer or hearty snack.

Ingredients

- 1 cup shredded cooked chicken
- 1 cup (4 oz.) shredded Monterey Jack cheese
- 2 tablespoons fresh snipped cilantro
- 4 flour tortillas (6-inch)
- Salsa and sour cream, optional

1. Combine in mixing bowl chicken, cheese and cilantro; mix well. Divide chicken mixture among tortillas; fold tortillas in half. Spray bottom of Microhearth Grill Pan with no-stick cooking spray. Place one quesadilla on bottom of Pan.
2. Place Lid over unit; microwave 2 minutes. Carefully remove Lid; turn quesadilla over. Microwave 1 additional minute or until tortilla is golden brown and grill marks appear. Remove from Pan; keep warm. Repeat cooking with remaining quesadillas reducing cook time in half. Garnish with salsa and sour cream, if desired.

Makes 4 quesadillas (2 servings)

Cook's Tip: *Cut each quesadilla in half for a bite-size snack.*

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TROUBLESHOOTING

Product	Cause	Troubleshooting
Sparks in Microwave oven	<ul style="list-style-type: none"> - If aluminum foil or metal objects are in the oven. - If food waste and water are in the oven. - If there is damage on door or crack inside wall. - If oven is installed in a confined space with lots of moisture, grease and smoke. 	<ul style="list-style-type: none"> → Remove the cause → Wash → Request technical support or warranty services of the microwave oven. → Move location
Microwave oven stopped during cooking	Microwave oven makes loud noise and/or produces higher heat than it is supposed to.	Contact technical support center of the microwave oven in use for proper service.
Microwave oven is out of order	Microhearth has no electrical components connected to the microwave oven, thus it cannot cause any damage to the microwave oven. Nor can it cause electrical problems with the microwave. Microwave malfunction during cooking is generally caused by the microwave oven itself.	Contact technical support center of the microwave oven in use for proper service.



Warranty



Thank you for choosing to buy a Microhearth.

This product was manufactured through strict quality control and inspection.

If you have any question about your Microhearth, Please contact us with your model number and details of where and When you bought the Microhearth.

Your model number can be found on the side of package.

Most questions can be answered by FAQs shown on the cookbook.

However, if product needs service, please fax us your inquiry at 847-842-8055 or visit us at www.microhearth.com.

We provide the following warranty.

1. Warranty period : 1year from the purchased date.
2. We replace defective or problematic product with a new one during the warranty period specified if the defect or problem occurred by normal use of customer(according to the instruction of the manual).
3. Please present the purchase receipt when the product needs replacement.
4. Defective unit should be returned to us freight prepaid and replacement unit will be shipped freight collect.

We do not provide a warranty for the following.

1. If Microhearth is damaged due to misuse of the product without following the guideline in the manual.
2. If damage to the product caused by accident, fire, floods or acts of God.
3. If damage caused after delivery.
4. If product is used for commercial use.

For warranty service, please contact

Microhearth.Inc



117 S Cook St #126

Barrington, IL 60010-4311

warranty@microhearth.com

Fax : (847) 842-8055

Some states do not allow the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights and you may also have other rights that vary from state to state.




microHearth
Microwave Grill Pan Cookware



Microhearth, Inc.
117 S. Cook St. #126
Barrington, IL 60010-4311

www.microhearth.com



microHearth
Microwave Grill Pan Cookware

 **CAUTION**

- Never submerge the pan. It will cause to lose its cooking function as holes may fill with water.

Simply place the non-stick coated Pan under a slow stream of running water, thoroughly wipe out, and then rinse and dry with a soft dish towel.

Pan is not dishwasher safe.

