

Cleaning:

Always allow your Microwave Grill Pan to cool completely before cleaning. Never clean any part of your Microwave Grill Pan with abrasive or metal scouring pads.

To clean, use a damp cloth or sponge to remove spatters or food particles, then wipe clean with a dry towel.

DISPOSAL

- Please respect the environment!
- Dispose of the packaging according to the local recycling regulations.
- Dispose of the appliance at the end of its life span according to environmental considerations.

WARNING

This product is intended for domestic use only.

TECHNICAL SPECIFICATION

Material:

Base: Aluminized steel with non-stick coating and silicon handle

Lid: Aluminized steel

Measurement: 23x27.4x9.1cm

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Microwave Grill Pan

INSTRUCTION MANUAL



Model No. 2680

Please read carefully before use and keep for future reference

Dear Customer

Thank you for purchasing the Microwave Grill Pan

1. Read everything contained in this manual before using the Microwave Grill Pan
2. When using this Microwave Grill Pan, handle all hot surfaces with dry potholders or cooking mitts. Handling hot surfaces with wet cooking mitts or potholders can produce steam causing serious burns to skin.
3. Children should not be permitted to use this.
4. The Microwave Grill Pan may generate extreme heat and steam during operation. All necessary precautions must be taken to avoid personal injury or accidental fire.
5. The Microwave Grill Pan is protected with non-stick coating. If this coating appears to be missing, damaged or even scuffed, discontinue use immediately and contact customer service.
6. The use of kitchen utensils other than those made of plastic or wood might damage the system.
7. The Microwave Grill Pan operates with home microwaves only.
8. Never use the Grill Pan components with any other cooking appliance.
9. After use, do not clean or store the Microwave Grill Pan until it has thoroughly cooled.
10. Always lift the unit by the handles using dry oven mitts or potholders.
11. NEVER exceed Maximum Cooking Time. If additional time needed, each additional heating time should not be more than 30 seconds. Check each time before adding more heating time.

12. Should sparking, arcing, or any other unusual malfunction occur during cooking operation, cut power to microwave immediately and discontinue all further use of Microwave Grill Pan. Contact customer service.
13. NEVER use the Microwave Grill Pan with a microwave that has a power rating exceeding 1100W.
14. Avoid overfilling the unit with liquids that might expand or boil over the top.
15. The Microwave Grill Pan is designed for home use only. Never use the Microwave Grill Pan in a microwave that does not have a turntable.
16. When removing unit from microwave oven always place on heat resistant surface.

CAUTION:

Pan:

Ensure the coating is not damaged in any way. No scratches, No chips, No metal exposed anywhere.

Do not use in a regular oven. Only use in a microwave oven.

Wash with a soft cloth. Never use a scouring pad or brushes that may damage the non-stick coating.

Microwave:

Ensure it is clean – No oil or food particles – on interior walls, ceiling and base.

Use only in microwaves with a glass turntable

WARNING:

Take caution when removing the Microwave Pan from the microwave as it will be HOT.

Place on an insulated mat to protect countertops and work surfaces.

Before first use:

Before making the first meal in your Microwave Grill Pan, be sure to wash the pan with warm soapy water and a soft, non-abrasive sponge to ensure clean, dry, and safe cooking.

Know your Microwave Oven Wattage

It is critical to determine the wattage of your microwave oven. Most microwaves have a label or small plate that states the wattage. Your microwave's instruction manual should also list the wattage. You may also contact the manufacturer or retailer for this information. Our recipes have been written for an 800W microwave. Please adjust your "cook times" accordingly. Your Microwave must have a revolving turntable.

Cooking in Microwave Grill Pan

- **Marinate or season the food before cooking.**
- **Set microwave power to 800W.**
- **Spray a little cooking oil on the pan and put the lid on top.**
- **Preheat the pan for 2 minutes.**
- **Add right amount of cooking oil on grill pan according to type of food and recipe.**
- **Put food in the Microwave Grill Pan and place the lid on top.**
- **Set cooking time according to type of food and recipe.**

NEVER exceed Maximum Cooking Time. if additional time is needed, each additional heating time should not be more than 30 seconds. Check each time before adding more heating time.

- **Take out Microwave Grill Pan by using the handles. Always use dry oven gloves to take out the pan as it can be very hot**
- **Always use plastic or wooden utensils when cooking on any non-stick surface to prevent scratching.**

It is normal that there may be slight silicon smell during first use.

Microwave Grill Pan can be very hot after cooking, always put it on a heat resistant surface.

Microwave Power	Food	Cooking Time
800W	Steak	5 Minutes
800W	Sausage	5 Minutes
800W	Chicken Wings	5 Minutes
800W	Fish	4 Minutes
800W	Vegetables	3-5 Minutes
800W	Egg	4-5 Minutes

Cooking Tips:

Pre-heat time: set Microwave to 800W, spray a little cooking oil on the pan and pre-heat the pan for 2-3 minutes.

Effectiveness of cooking: Seasoning food in advance and adjust cooking time accordingly.

