

Helpful Hints & Tips:

See your stoves "manufacturers use and care booklet" regarding the use of specialty cookware items prior to using the Stove Top Grill.

Never use Stove Top Grill on high heat setting with any glass top stove.

1. Before Grilling: always put a half cup of liquid into the flavour ring which will capture the excess fats.

NEVER USE WITHOUT LIQUIDS

How to Place the Grill on Your Stove:

Electric Coil Stoves: Place the Grill over the small burner.

Flat Top Stoves: Place the Grill over the smallest glowing element

Gas Stoves: Place the Grill on top of your burner grate with flame position in the center of the Grill.

If the Grill is not stable on your stove's grate, then move the grate and replace it with a cake cooling rack. Next, replace Grill on rack.

2. For Perfect Results: Always, always, always pre-heat the Grill Plate before you start cooking. The grill is hot and ready to cook when a few drops of water placed on the cooking surface begin to "dance" and then disappear.

Electric Coil Stoves: Pre-heat on Medium.

Flat Top Stoves: Pre-heat on Medium High.

Gas Stoves: Pre-heat on Medium-Low

3. Cooking Temperatures:

Electric Coil Stoves: Cook everything on Medium except for steaks on Medium-High.

Flat Top Stoves: Cook everything on Medium-high including steaks

Gas Stoves: Cook everything on Medium-Low except for steaks on Medium.

4. Manufacturers' Standards for Temperature Settings Vary. So, use the below "common sense" rule thumb for best results. If the food isn't cooking fast enough, turn your stove up one or two settings. If your food is cooking too fast or burning, turn your stove down one or two settings.

5. Liquid Levels: Never put more than a half a cup water, juice, wine or beer into the flavour ring.

6. Check level every 15-20 minutes as some evaporation will occur during cooking. Should the level get low and

the grill start smoking, carefully remove the grill from your stove and add additional liquids as needed. Then return to the stove.

7. Clean Up: Allow the Grill to Cool before handling the Grill Plate. Carefully, pour any leftover liquid in the stainless-steel reservoir, into the trash. The Grill may be placed in the dishwasher or cleaned with a sponge or kitchen brush and warm sudsy water. Never scour the non-stick surface with abrasives. If dishwasher cleaned, season the Grill Plate with small amount of cooking oil before using again.

8. How to Use the Grill as an Oven Roasting Pan: Place the Grill on a small, square cookie sheet. For Meat Loaf, form the meat in the shape of a loaf or big thick hamburger, called 'meat loaf pie'. Pour 1/2 cup of water in the stainless-steel reservoir. Cover the meat with either a 10 or 12-inch oven-safe lid or aluminum foil. Now, bake the meat on the same temperature and in the same time as you normally would. Finish by turning on the broiler and top browning the meat. Heart-healthy and delicious!! Do the same thing with Cornish Game Hens or roast a small chicken or beef or pork roast.

9. Use the Grill as an Oven Broiler Pan as above in #8 but without a lid or cover to broil any kind of meat, pork, fish or vegetables.

10. Use the Grill on Top of an Outdoor Grill for shrimp or small flaky fishes. Sportsmen fill the stainless steel reservoir with one cup of red wine. Place game meats like rabbit, quail, pheasant, duck, deer, or elk on the Grill. Cover with aluminum foil. You'll still get the smoky outdoor grilled flavor, but the wine will steam flavor the game and make the flavor milder.

11. Campers Can Use the Grill on a Coleman Stove or use Sterno or even on an open fire.

12. Cover the Grill with a Lid if you want to steam veggies or poach fish.

13. Marinating: Brush marinade directly on your foods or marinate in the refrigerator for about an hour for optimum results. Never pour the marinade into the flavour ring. May I suggest dipping your veggies in ranch, creamy Italian, or honey mustard dressing before

grilling them on the Grill. If you spray the grill plate with Pam before preheating, clean up is a snap!

14. If You Want to Have Fun with Your Grill, instead of using 1/2 cup of water into the reservoir before you start grilling, try using 1/2 cup of these liquids for steam-flavoring your foods. Apple juice or cider for pork chops. Lemon juice or white wine for fish. Beer on lime juice for seafood. Pineapple juice for ham steaks. Orange juice for chicken. Red wine, port, or Chianti for steaks. Add about 10 drops of natural liquid smoke to any of the above liquids and it will permeate your foods with either hickory or mesquite flavor. Look for Natural Liquid Smoke in the Condiment Section of your supermarket. Try chicken broth or beef bouillon and steam veggies with any lid.

15. More Fun With Your Grill... Dip your favorite veggies like broccoli, cauliflower, asparagus or zucchini in your favorite salad dressing like Creamy Italian, Honey Mustard, or Lemon Poppy Seed. Then throw them on the Grill. They'll marinate as they grill and be some of the best you've ever had.

16. For Dessert: Slice bananas then dip them in Grand Marnier Liquor and place on the Grill. It'll caramelize a candied crust and you'll love 'em.

17. Read This Secret and Special Tip for that perfect Golden Brown Crust every time. After you place the food on the grill plate to be cooked, do not flip it or move it around for the first side's grilling cycle. Doing so breaks the seal on the side you're trying to sear closed and juice will leak out from your food, drying them out and may keep them from browning to a crispy finish. "Sneak a Peak" on the side you're grilling periodically and when you see it's brown enough for your liking, then and only then should you turn the food and grill the other side equally brown. Be patient and you'll be rewarded with what Chefs around the world have known for years: Perfectly seared foods are always, moist, tender, juicy, and full of naturally great flavor.

18. And Finally...May Your Taste Buds Go Wild with Flavour, Your Belly Be Full and Satiated and Your Heart Be Healthy and Happy. Truly Yours, Chef Lucas.

Copyright 1999 All Rights Reserved.

STOVE TOP GRILL PROFESSIONAL MODEL



Grilled Scampi Kabobs

Grilled Mustard Marinated Flank Steak

Grilled Herb Chicken Breast

Spicy Jamaican Short Ribs

California Ranch Burger

Grilled Bruschetta

**Grilled Banana's & Apples
and more. . . .**

Unidem Sales Inc.

8-1288 Ritson Rd. N

Oshawa, Ontario Box 240

Tel: 905-438-864 Fax: 905-438-8641

GRILLED SCAMPI KABOBS

What you need:

- 32 peeled medium shrimp
- 8 mushrooms
- 8 cherry tomatoes
- 1 green pepper
- 1 red pepper
- 1 yellow pepper
- 1 large yellow onion
- 8 skewers (wood or metal)
- 4 tablespoons butter (sated or unsalted)
- ½ cup olive oil
- 3 large garlic cloves, crushed
- 1/8 teaspoon curry powder
- salt and black pepper to taste

How to prepare:

Melt butter at low temperature and stir in olive oil, garlic, curry powder, salt and pepper. Cut up red, green and yellow peppers and onion into 8 pieces. Combine all ingredients and allow to marinate for 1 hour in refrigerator.

Assemble 4 shrimp, cherry tomato, 1 mushroom, 1 red pepper, 1 yellow pepper, 1 green pepper and 1 onion piece in a decorative fashion on each skewer.

Heat STOVE TOP GRILL to medium heat. Brush grill with olive oil and grill each skewer about 4 to 5 minutes on each side while brushing on excess scampi sauce. Serve immediately Serves 4.

GRILLED MUSTARD MARINATED FLANK STEAK

What you need:

- ½ cup mixed mustards (combine any mustard such as Dijon, prepared, whole grained, etc.)
- 1/8 cup olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon dried basil
- 2 medium garlic doves, crushed
- 1 flank steak (1 1/2 to 2 pounds), all fat removed

How to prepare:

Combine the mustard with the olive oil, herbs and garlic. Thickly coat the flank steaks with the mixture and refrigerate covered, overnight Remove from refrigerator about 1 hour before cooking.

Heat STOVE TOP GRILL on medium high. Place flank steak on GRILL for about 5 minutes on each side until medium rare. Remove to cutting board, cover with aluminum foil and let rest for 10 minutes before slicing, cut in thick diagonal slices across the grain and serve immediately. Serves 4.

GRILLED CHICKEN BREAST

What you need:

- ½ cup sherry
- 3 cup salad oil
- ½ large onion, grated
- ½ tablespoon Worcestershire sauce
- ½ teaspoon soy sauce
- ½ teaspoon lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon thyme
- ½ teaspoon oregano
- ½ teaspoon rosemary
- ½ teaspoon marjoram
- 4 boneless chicken breasts.

How to prepare:

Mix thoroughly the sherry, salad oil, Worcestershire, soy sauce, lemon juice, garlic, thyme, oregano, rosemary and marjoram. Pour mixed sauce over chicken breasts and allow to marinate 1 hour before grilling. Heat STOVE TOP GRILL to medium heat and grill for about 6 to 8 minutes while turning frequently and brushing on remaining sauce. Serves 4.

SPICY JAMAICAN SHORT RIBS

What you need:

- 4 pounds well trimmed beef or pork short ribs sawed through bone at 2 1/2-inch intervals
- ¾ cup coarsely chopped onion
- 4 cloves garlic, quartered
- 3 fresh or canned jalapeno peppers, seeded and chopped
- 2 tablespoons ground allspice
- 1 tablespoon mixed fresh ginger
- 2 tablespoons salad oil
- 1 teaspoon ground nutmeg
- ½ fresh bay leaves

How to prepare:

In food processor or blender, combine onion, garlic, jalapeno peppers, allspice, ginger, oil, nutmeg and salt. Whirl until pureed, pour into bowl with short ribs down, dice cut the 2 1/2-inch short rib cubes as follows: cut rest halfway to bone every 1/2 inch in one direction, at right angles, cut every 1/2 inch, but go only 1/2 inch deep. Combine ribs, with marinade cover and let marinate for 4-5 hours in refrigerator.

Heat STOVE TOP GRILL to high heat. Place meat, bone side down on grill. When brown, turn and cook on meat side. Turn meat throughout cooking time (about 45 minutes) to expose all surfaces to heat. Cook until crispy brown to your preference. Have plenty of napkins on hand and eat while hot.
Serves 4.

GRILLED SWORDFISH STEAKS WITH ANCHOVY CAPER BUTTER

What you need:

- 4 tablespoons unsalted butter
- 2 teaspoons minced capers
- 1 teaspoon freshly squeezed and strained lemon juice
- 1 large garlic clove, crushed
- 1 ½ anchovy filets, rinsed, dried and mashed
- 4 swordfish steaks, 3/4-inch-thick, unsalted butter melted.

How to Prepare:

Cream the butter with capers, lemon juice and garlic. Press the anchovies through a fine sieve and add to the butter mixture. Combine well. Using a piece of plastic wrap to help you, roll the butter mixture into a log. Close tightly and refrigerate for at least 1 hour. Heat STOVE TOP GRILL to medium heat and brush olive oil on to grill top. Grill the swordfish, brushing often with melted butter and grill 3 to 4 minutes on each side (grill 5 to 7 minutes on each side if 1 inch thick).

Just before the fish is ready, Cut the anchovy caper butter into 4 equal slices. Remove the fish from the grill and put a pat of the butter on each swordfish steak. Serve immediately. Serves 4

GRILLED EGGPLANT WITH TOMATOES & GOAT CHEESE

What you need:

- 4 Eggplants
- 1 tablespoon olive oil
- ½ bunch of olives, minced
- ½ pound goat cheese, cut into 1/2-inch pieces
- Balsamic Dressing
- 2 tablespoons balsamic vinegar
- ½ cup extra virgin olive oil, salt and freshly ground black pepper to taste.
- red leaf and Boston lettuce leaves, or other greens
- 4 large tomatoes, peeled and quartered, salt and freshly ground black pepper to taste.

How to prepare:

Heat the STOVE TOP GRILL to medium heat. Cut the eggplants lengthwise into slices about 1/2 inch thick, keeping them attached at the stem end. Brush with olive oil and grill for 6 to 8 minutes (turning once), until grill marks appear and eggplant is softened. Set aside.

Press some of the chives onto each slice of goat cheese and set aside. Make the dressing by whisking the vinegar and oil together in a small bowl. Add the salt and black pepper.

Line a large platter with lettuce leaves, arrange the egg-plant, goat cheese slices and tomatoes separately on the platter, season with salt and back pepper, and drizzle on the dressing. Serve at room temperature. Serves 4

CALIFORNIA RANCH BURGER

What you need

- 1 ½ lbs, extra lean ground beef
- 12 large mushrooms
- 2 large yellow onions
- 4 slices muenster cheese
- 2 medium tomatoes
- 1 box alfalfa sprouts
- 2 large avocados
- ¼ head of lettuce
- ½ cup ranch dressing
- 4 medium pita pockets
- olive oil
- salt and pepper to taste

How to prepare:

Preheat skillet to medium heat and put in 1 teaspoon of oil. Slice up mushrooms and slice onions and sautéed in skillet until onions are tender, salt and pepper to taste.

Heat STOVE TOP GRILL, brush with olive oil. Make 4 patties out of ground beef. Put 1/4 of mushrooms/onion sauté in each beef patty with a slice of muenster cheese. Fold up and make a new patty so that new ingredients are on the inside of beef patty and then grill. Place the grilled burgers inside pita pocket with alfalfa sprouts, lettuce leaves, tomato slices, avocado slices and pour on ranch dressing to taste. Serves 4