

Calphalon®

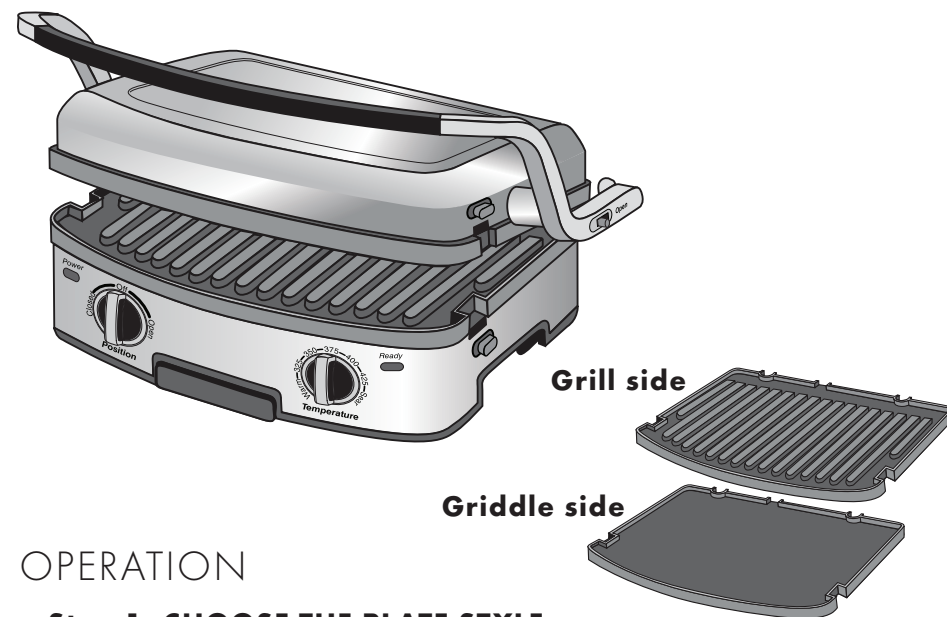


5 in 1 Removable Plate Grill QUICK START GUIDE

Model HE400CG/1832450

BEFORE FIRST USE

- Place the grill on a level surface near a suitable three-prong polarized outlet.
- Unpack the grill and detach the removable plates using the plate release buttons.
- Carefully wash the removable plates and drip tray in the dishwasher OR in warm, sudsy water. Rinse and dry thoroughly. Do not immerse the base, cord or plug in water.
- Make sure the drip tray is inserted in the slot located at the lower front edge of the base.
- Make sure the Position Control Knob is turned to "Off".



Grill side

Griddle side

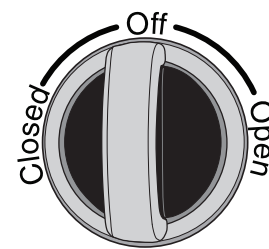
OPERATION

• Step 1: CHOOSE THE PLATE STYLE

Attach the plates you would like to use (grill, griddle or one of each) by sliding the plates into the clips at the back and snapping into place.

• Step 2: CHOOSE A POSITION and TURN ON

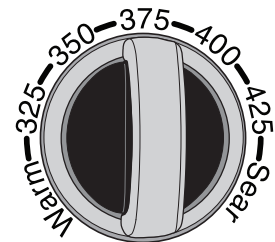
Select from the following options:



Position

- Open** – Choose this option whenever you want to open the grill completely (180 degrees).
- Lift the grill handle and press the Lid Switch (located on the right side of the handle) to open the grill and lie flat.
 - Plug the open grill into a suitable electrical outlet; the Power light will illuminate.
 - Turn the Position Control Knob to "Open"; the grill will begin to preheat.
- Closed** – Choose this option whenever you want to cook foods from both sides at the same time.
- Plug the closed grill into a suitable electrical outlet; the Power light will illuminate.
 - Turn the Position Control Knob to "Closed"; the grill will begin to preheat.

• Step 3: CHOOSE A TEMPERATURE



Temperature

Turn the Temperature Control Knob to the desired temperature setting. See **Cooking Guide** at right for suggested temperatures.

• Step 4: PREHEAT THE GRILL

Once preheated and ready for use, the Ready light will illuminate. The grill is now at the temperature selected on the Temperature control Knob.

Preheating times will vary. Please use the Ready light for the best indicator of the grill's temperature.

• Step 5: PLACE FOOD ON GRILL

Follow suggested cooking times on the **Cooking Guide**.

- Open** – Place food on preheated plates. Turn halfway through the designated cooking time.
- Closed** – Open grill and place food on preheated plates. Pull handle down sandwiching the food between the hot plates.

• Step 6: REMOVE FOOD FROM GRILL

When the food is done, remove it from the grill using heat resistant nonmetal utensils. Use a meat thermometer to check the internal temperature of meats and poultry to make sure they are at the desired level of doneness. Visit the FDA (www.fda.gov) and the Food Safety and Inspection Service (www.fsis.usda.gov) for internal food temperature guidelines.

COOKING GUIDE

Food	Plate Style	Open/Closed	Cooking Time	Temp.
Bacon	Griddle	Open	7 to 8 minutes*	375°F
Beef steaks	- Thin	Grill	4 to 6 minutes*	Sear
		Grill	2 to 3 minutes	Sear
	- Thick	Grill	10 to 14 minutes*	425°F
		Grill	5 to 7 minutes	425°F
Chicken	- Boneless breast half	Grill	10 to 16 minutes*	400°F
		Grill	5 to 8 minutes	400°F
	- Thigh	Grill	10 to 12 minutes*	400°F
		Grill	5 to 6 minutes	400°F
Eggs	Griddle	Open	4 to 5 minutes*	325°F
Fish fillets	Grill	Open	6 to 8 minutes*	400°F
	Grill	Closed	3 to 4 minutes	400°F
French toast	Griddle	Open	4 to 5 minutes*	350°F
		Closed	2 to 3 minutes	350°F
Ground meat patties	Grill	Open	10 to 12 minutes*	400°F
	Grill	Closed	5 to 6 minutes	400°F
Hash browns	Griddle	Open	8 to 10 minutes*	375°F
Lamb chops	Grill	Open	6 to 8 minutes*	400°F
		Closed	3 to 4 minutes	400°F
Pancakes	Griddle	Open	3 to 4 minutes*	375°F
Pork chops	Grill	Open	10 to 14 minutes*	400°F
	Grill	Closed	5 to 7 minutes	400°F
Sandwich, panini, focaccia	Grill	Open	5 to 10 minutes*	350°F
	Grill	Closed	2 to 5 minutes	350°F
Shrimp	Grill	Open	4 to 6 minutes*	400°F
	Grill	Closed	2 to 3 minutes	400°F

Note: Cooking times will vary depending on the size and thickness of the food. Adjust cooking times, as needed, to make sure foods are thoroughly cooked.

* Turn once halfway through cooking time.

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