

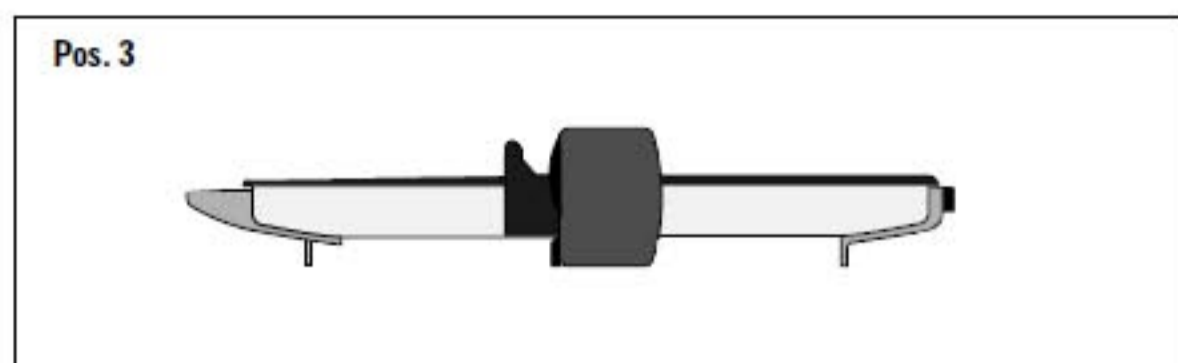
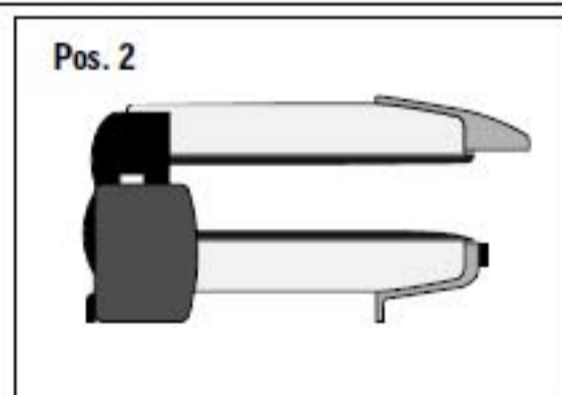
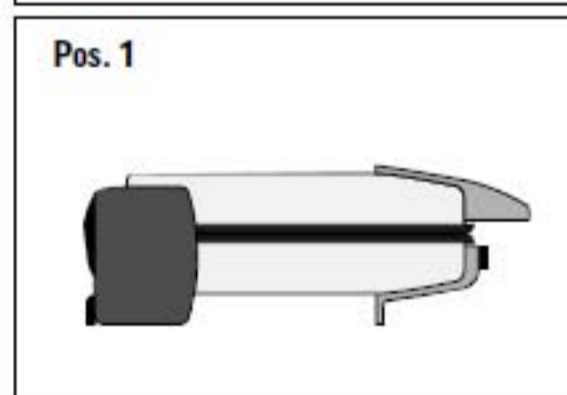
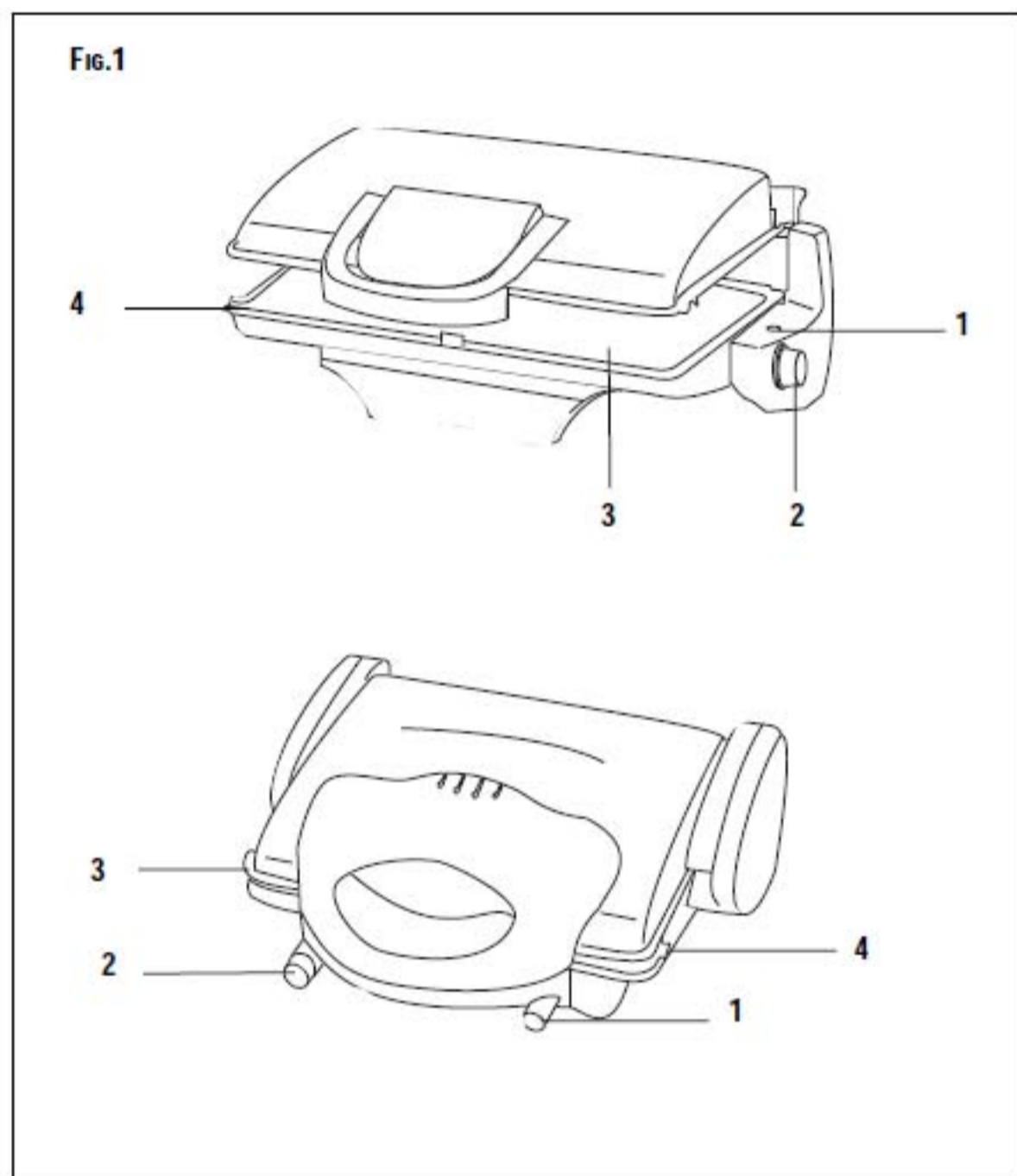


ALFREDO 3IN1 HEALTHY GRILL CONTACT GRILL
GRIL DE CONTACT AVEC 3 POSITIONES
PARILLA A CONTACTO CON 3 POSICIÓN
GRILL DE CONTATO COM 3 POSIÇÃO



INSTRUCTIONS FOR USE
MODE D'EMPOI
INSTRUCCIONES PARA EL USO
INSTRUÇÕES DE USO





Thank You for purchasing a De'Longhi product.

De'Longhi is well known throughout Europe and the world for its high-quality, long-lasting Italian designed products.

We are sure that You will enjoy Your De'Longhi product for many years to come. We've even included some recipes to get you started.

If you have any questions or comments regarding your new DeLonghi product, or any of our products, please feel free to contact us at:

1-800-322-3848

We will be happy to answer any questions you have.

Buon Appetito



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plugs or any part of the unit water or any liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorized service centre for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Always attach plug to appliance first, then plug cord in the wall outlet. To disconnect turn any control to "Off", then remove plug from wall outlet.
12. Do not use this appliance for other than intended use.
13. Do not immerge in water.
14. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.

SAVE THESE INSTRUCTIONS

Your product is equipped with a polarized alternating current line plug (a plug having one blade wider than the other). This plug will fit into the power outlet only one way. This is a safety feature. If you are unable to insert the plug fully into the outlet, try reversing the plug. If the plug should still fail to fit, contact your electrician to replace your obsolete outlet. Do not defeat the safety purpose of the polarized plug.



IMPORTANT SAFETY INSTRUCTIONS

- This appliance is designed to cook food and should not be used for any other purposes, or modified or tampered with in any way.
- Wash the two non-stick grill plates thoroughly before using the grill.
- Grill plates must be perfectly dry before being fitted onto the appliance.
- Always use approved extension cords.
- Do not use outdoors. Do not change the supply cord without expert assistance as special equipment is required. For repairs to the cord, contact your local authorised Service Agents.
- Do not unplug the appliance by pulling the supply cord.
- Only switch the appliance on with the grill plates fitted.
- Do not immerse the appliance in water.
- Allow the appliance to cool down completely before storing it away.
- Do not use sharp tools on the grill plates as these may damage the non-stick coating.



ABOUT YOUR ALFREDO 3IN1 HEALTHY GRILL (See fig. 1 page 2))

- 1. Red indicator Light** - Tells when grill surface has reached desired heat setting. This light will cycle on and off as the heating elements maintain the desired temperature.
- 2. Thermostatically controlled heat - RED DIAL.** Allow you to set desired temperature.
- 3. Removable grill plates** - To remove, hold back metal clip by handle and lift plate up. To replace plates, slide small legs at the back of each corner of the plate under the metal locking tabs at the back of the heating element chamber and snap front of plate down under front metal clip. ensure both plates are secure before operating.
- 4. Grease Drain** - The front left corner of each plate has a small channel that allows grease and oil to drain while cooking. Place a small cup or bowl under this channel to collect grease.

Versatile Cooking - Your Alfredo 3in1 Healthy Grill can be used for varied cooking functions. There are 3 cooking positions that can be used.



**POSITION 1** (See page 2)

Fully Closed - place food on lower grill and close lid so top grill makes contact with your food. Ideal for: beef, pork, hamburgers, chicken, grilled sandwiches, vegetables.

POSITION 2 (See page 2)

Broiling - Semi Opened - Open top lid, pull up and forward so hinge supports lock into place.

Ideal for: open faced sandwiches, pizza, cheeseburgers, hot dogs, fish.

Defrosting - Set temperature on slow and wrap frozen food in aluminum foil.

POSITION 3 (See page 2)

Fully Open - open top lid, pull up and lay back on counter top. Use flap in back of handle to support the top lid. Ideal for: large family sized meals, steak, chicken, etc.

Warning tray - place heatproof dishes on grill surface to keep food warm.

Ideal for: beef, fish, pork, hamburgers, chicken, grilled sandwiches and vegetables.

BEFORE FIRST USE

- Make sure that it has not been damaged in any way during transportation.
- Place the appliance on a flat surface well out of the reach of children, as high temperatures are generated during use.
- Remove plates and wash in warm, soapy water. Rinse thoroughly and dry before replacing plates.
- Before using the grill for the first time, switch it on and leave it to heat up in position 3 without any food for at least 5 minutes; open the window in order to eliminate any unpleasant smell that tends to be given off when an appliance is new.

USING YOUR ALFREDO 3IN1 HEALTHY GRILL

NOTE: Do not use metal cooking utensils, steel wool or abrasive cleaners as they may scratch the cooking surface.

1. Place grill on a level surface.
2. Insert the plug and regulate the thermostat by setting the thermostat dial to the desired position, the indicator light will turn on. Allow the appliance to heat up with the grill plated closed (pos. 1).
3. Red light will turn off when the set temperature has been reached.
4. Set grill in desired cooking position (pos. 1, 2 or 3).
5. Place the food on the grill plate.
6. Place cup or plate under grease channel.
7. When finished cooking, turn unit off and unplug grill. To switch the appliance off, turn temperature control knob counter-clockwise until the "0" position is reached.
8. Allow to cool completely before cleaning.

NOTE: During heat up, cooking and cooling all metal surfaces will be hot.

9. To clean remove cooled plates and wash with soap and water.





NOTE: We do not recommend using a dishwasher as this could harm the non stick coating.

All types of food can be cooked on your Alfredo 3in1 Healthy Grill. Grilling time and temperature depend on the type of food, thickness and the food temperature. The table below will assist you until you become familiar with your Alfredo 3in1 Healthy Grill. The settings and cooking times shown are approximate and may vary depending on personal preference.

Food Type	Temperature	Grill Position	Grilling Duration
Boneless Chicken Breast	Medium	Closed	6-7 mins.
Chicken Pieces with Bone	Medium	Semi-open	18-20 mins. or until juices run clear
Boneless Turkey Breast	Medium	Closed	7-9 mins.
Turkey Burgers	High	Closed	7-9 mins
Flank Steak (3/4 to 1 inch thick)	Medium	Closed	5 mins. (medium rare)
Hamburgers	High	Closed	7-8 mins. or until no pinkness
Steak (1 1/2" thick)	High	Closed	8 mins. (medium rare)
Veal Chop (1 1/4" thick)	Medium	Closed	7-8 minutes (medium)
Pork Chop (1 1/4" thick)	Medium	Closed	11 minutes
Ham Steak (1" thick)	Med/High	Closed	7 minutes
Sausage	High	Open	8-9 minutes
Kebabs (1" cubes)	Med/High	Open or semi-open	6-7 minutes
Fish Steak	Medium	Open or semi-open	2-3 mins on each side
Shrimp	Medium	Open	2-3 mins (Medium shrimps)
Lobster Tails	Medium	Semi Open	4-8 minutes or until opaque
Asparagus	High	Closed	4 minutes
Potatoes-sliced	High	Closed	5-6 minutes or until brown
Red Peppers	High	Closed	3 minutes
Eggplant - sliced	High	Closed	4 minutes
Defrosting	Low - Medium	Slow	as desired
Warming Tray	Low - Medium	Slow	Shrimp

- When cooking beef, chicken or pork, seal in juices by cooking at max setting for two minutes on each side then lower to med setting to complete cooking.
- Thawed and marinated meal should be dried thoroughly before being placed on the grill.
- Meat should be seasoned before grilling but salt should be added at time of serving.
- Food which is to be cooked in position 1 should be uniformly thick to ensure even browning.
- Always off the lower plate before grilling fish.





RECIPES

GRILLED CHICKEN SALAD WITH WARM CURRY BACON DRESSING

Ingredients:

- 4 boneless chicken breasts
- Carrot matchsticks (1 1/2" long)
- Red and Green Peppers, sliced
- Mixed greens
- Mushrooms, sliced
- 1 cup dried cranberries

Dressing-

- 1 1/2 cup olive oil
 - 2 tsp. salt
 - 1/2 tsp. dry mustard
 - 1 tsp. curry
 - 1/2 cup vinegar
 - 2 tsp sugar
 - 4 T. chopped chutney
 - 5 slices prepared bacon, broken into pieces
-

1. Grill chicken breasts following grilling chart.
2. Prepare 4 salad bowls with mixed greens, carrot, mushrooms, peppers and cranberries.
3. In a medium saucepan, combine all dressing ingredients. Stir over low heat until all ingredients are combined and warm.
4. Place grilled chicken on the salads, and drizzle with dressing.
5. Serves 4



GRILLED CRUSTED TUNA STEAKS


Ingredients:

- 2 tuna steaks, 1" thick
 - Sesame seeds
 - 2 egg whites
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1. Pre-heat Contact Grill to medium high.
2. Rinse tuna steaks with water and pat dry.
3. Brush with egg whites on all sides.
4. Cover with sesame seeds.
5. Grill for 2-3 minutes on each side for medium rare.

20 MINUTES OKTOBERFEST

Ingredients:

- 6 mettwursts
 - 1 can sauerkraut, warmed
 - 2 cans beer
 - 6 buns
-

1. Using a fork, poke several holes into the mettwursts.
2. In a bowl, marinate the mettwursts in beer for 10 minutes.
3. After marinating, grill the mettwursts for 8-9 minutes, until brown and cooked thoroughly.
4. Serve mettwursts on bun, top with warm sauerkraut.





TURKEY CUTLET ALLA COSTANZA

Ingredients:

- 4 turkey cutlets, 1 1/2" thick
- 1 cap chopped prosciuto
- Prepared pasta
- 3 cups Alfredo sauce
- 1/2 lb. sliced mushrooms
- Cracked pepper

1. Preheat grill to medium.
2. Grill turkey cutlets following the grilling chart.
3. In a saucepan, combine diced ham and sliced mushrooms to Alfredo sauce and warm.
4. Serve the grilled turkey cutlet covered with sauce and a side of pasta.
4. Add cracked pepper to taste.

STEAK AU POIVRE

Ingredients:

- 2 steaks
- 1/4 cup red wine
- 1 tsp. Worcestershire sauce
- 1/2 cup light cream
- 2 T. minced garlic
- 1 1/2 cracked pepper

1. Pre-heat grill to medium
2. Grill steaks following the grilling chart
3. In a saucepan, combine light cream, red wine, garlic, Worcestershire sauce. Bring to a soft boil and reduce heat. Simmer for 6 minutes.
4. Serve steaks covered with au Poivre sauce.

GRILLED MIXED VEGETABLES

Ingredients:

- 1 small eggplant, sliced
- 1 large onion, sliced
- 2 zucchini, sliced
- 1 large red pepper, sliced
- 1 large green or yellow pepper, sliced

Marinade:

- 1/2 cup Olive oil
- 1/2 cup chopped basil
- 1 tsp. vegetable seasoning
- 2 cloves garlic, minced

1. To make marinade, mix all marinade ingredients in a jar and shake well to combine.
2. Preheat grill to high
3. Brush marinade on vegetables, and grill in either the closed or open position.
4. During the grilling process, brush on more marinade
5. Grill for 14 minutes, flipping occasionally. Grill time may vary due to size of vegetables.



LIMITED WARRANTY

What Does This Warranty Cover? We warrant each appliance to be free from defects in material and workmanship. Our obligation under this warranty is limited to replacement or repair, free of charge at our factory or authorized service centres, of any defective or parts thereof other than parts damaged in transit, which shall be returned to us, transportation prepaid. This warranty shall apply only if the appliance is used in accordance with the factory directions which accompany it.

How Long Does The Coverage Last? This warranty runs for one year from the date of delivery and applies only to the original purchase for use.

What Does This Warranty Not Cover? This warranty does not cover defects or damage of the appliance which result from repairs or alterations to the appliance outside our factory or authorized service centers, nor shall it apply to any appliance which has been subject to abuse, misuse, negligence or accidents. Also, consequential and incidental damages resulting from the use of this product or arising out of any breach of contract or breach of this warranty are not recoverable under this warranty. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

How Do You Get Service? If repairs become necessary or spare parts are needed, please write to:

De'Longhi America Inc.
Park 80 West Plaza One, 4th floor
Saddle Brook N.J. 07663
or call Service Tel. No. 1-800-322-3848

The above warranty is in lieu of all other express warranties and representations. All implied warranties are limited to the applicable warranty period set forth above. This limitation does apply if you enter into an extended warranty with De' Longhi. Some states do not allow limitations on how long an implied warranty lasts, so the above exclusions may not apply to you. De' Longhi does not authorize any other person or company to assume for it any liability in connection with the sale or use of its appliance.

How Does State Law Apply? This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.