

Oster®



MODELS **4767 & 4768**

Owner's Manual with Recipes
HealthyChef™ INDOOR GRILL

Thank you for purchasing the OSTER® HEALTHYCHEF™ INDOOR GRILL. Before you use this product for the first time, please take a few moments to read these instructions and keep it for reference. Pay particular attention to the Safety Instructions provided. Please review the product service and warranty statements. For your future reference, please note:

Date Product Received: _____

Service Number: _____
(located on the bottom of the grill)

IMPORTANT SAFEGUARDS

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

- 1. READ ALL INSTRUCTIONS, PRODUCT LABELS AND WARNINGS BEFORE USING THE HEALTHYCHEF™ INDOOR GRILL.**
2. Do not touch hot surfaces. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning. Allow the Grill to cool thoroughly before putting in or taking off parts. Always use the Grill handles when moving the Grill.
3. Before cleaning, when the Grill is not in use, unplug the Grill from the wall outlet.
NOTE: Make sure the Temperature Dial is in the "OFF" position before unplugging.
4. To protect against risk of electrical shock, do not immerse the Temperature Control in water or any other liquids.
5. Close supervision is always necessary when this or any appliance is used near children. This Indoor Grill is not intended for use by children.
6. Do not operate this or any appliance with a frayed or damaged cord or plug or after the appliance malfunctions or is dropped or has been damaged in any manner. Return the appliance to an Authorized Sunbeam Service Center for examination, repair or electrical or mechanical adjustment.
7. Do not use attachments not recommended by the manufacturer; they may cause fire, electric shock or personal injury.

8. Do not use outdoors or for commercial purposes. Do not use this Indoor Grill for other than its intended use.
9. Do not let the cord dangle over the edge of a tabletop or countertop or touch hot surfaces.
10. Do not place the Indoor Grill near a hot gas or electric burner or in a heated oven.
11. A fire may occur if the Indoor Grill is covered or touching flammable materials, including curtains, draperies, walls, etc., when in operation. **Do not store any items on top of the Indoor Grill when in operation.**
12. Do not store any materials on this Grill when not in use.
13. Do not place any flammable materials on Indoor Grill, such as paper, cardboard, plastic or any materials that may catch fire or melt.
14. Use extreme caution when moving the Grill if it contains hot oil or any other hot liquid.
15. Always attach Temperature Control to the Indoor Grill first and set Temperature Dial to "OFF" position. Then plug cord into the wall outlet. To disconnect, turn Temperature Dial to "OFF," then remove plug from wall outlet.
16. Be sure that the base is securely fastened to the hot plate. See Instructions regarding base on Pages 4 and 5.
17. To turn this appliance off, return Temperature Dial to the "OFF" position.
18. Do not place hands under base during cooking.
19. Do not place any combustible matter on grilling surface.
20. Do not place plastic cooking utensils on Grill surface when power is "ON."
21. When removing plug from outlet, grip plug firmly and pull out.

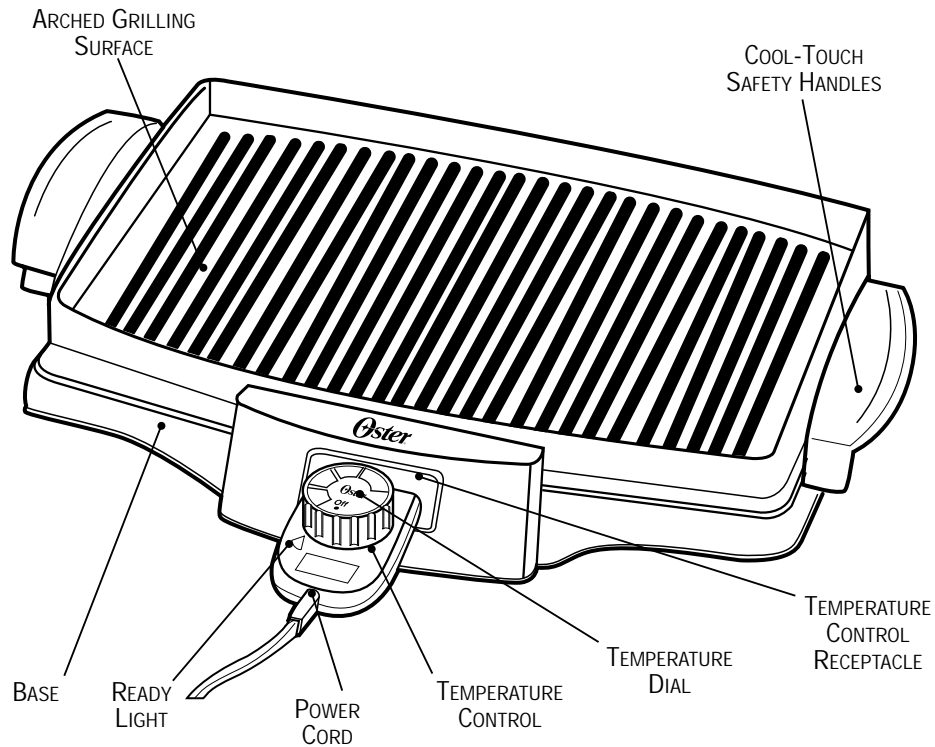
SAVE THESE INSTRUCTIONS

THIS UNIT IS FOR HOUSEHOLD USE ONLY

FOR PRODUCTS PURCHASED IN THE U.S. ONLY

To reduce the risk of electrical shock, this appliance has a polarized plug (*one blade is wider than the other*). This plug fits a polarized outlet only one way; if the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

GETTING TO KNOW YOUR HEALTHYCHEF™ INDOOR GRILL

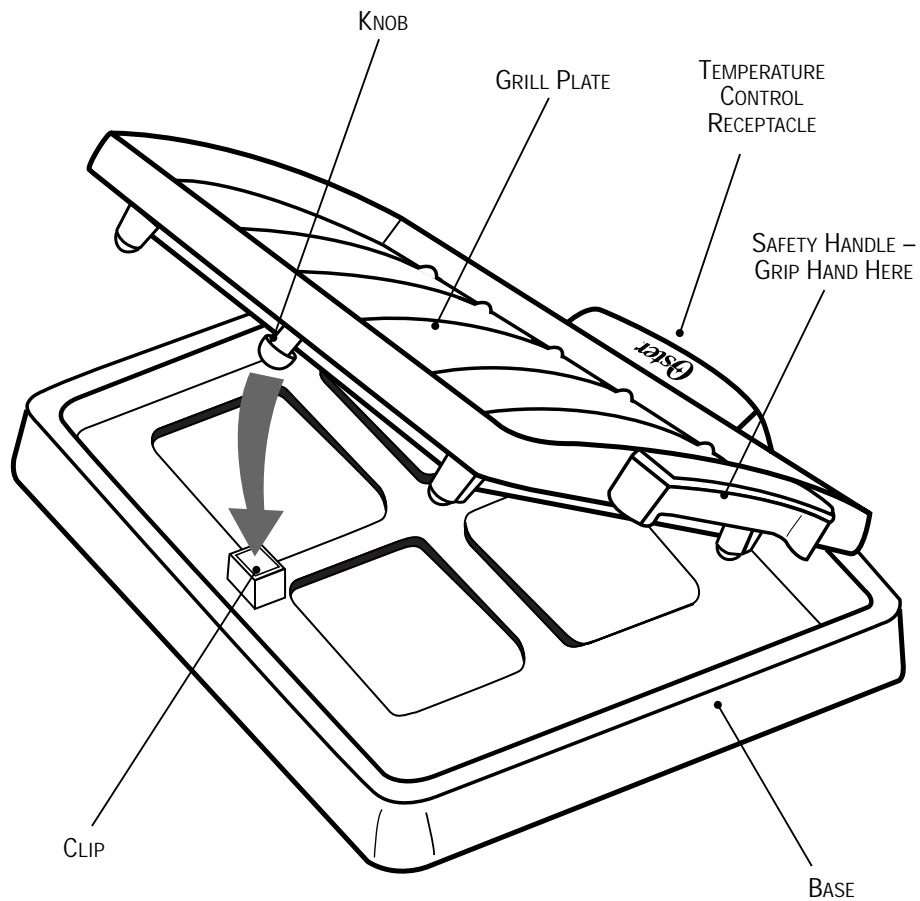


DIRECTIONS FOR GRILLING

1. Wash Grill Surface and Base in hot, soapy water. Rinse and dry thoroughly.
2. Attach Grill Plate to Base. Make sure that the clip on the bottom of the Grill Plate clicks into place. (See Diagram on Page 5)
3. Set Temperature Dial to "OFF." Insert Temperature Control into the Temperature Control Receptacle and plug the Cord into a standard 120 volt AC outlet. If Temperature Control is not completely inserted, abnormal heating may occur, resulting in accident or damage.
4. Set Temperature Dial to desired setting.
5. Ready Light goes off when correct cooking temperature is reached.
6. When food is completely cooked, it can be kept warm by setting Temperature Control to "KEEP WARM."
7. After use, set Temperature Dial to "OFF" position, unplug unit from outlet and then unplug from Temperature Control Receptacle.

DIRECTIONS FOR CLEANING

1. Remove Temperature Control from Temperature Control Receptacle.
2. Grip Base with one hand and grip Safety Handle with other hand. Slowly pull up on the Safety Handle while holding the Base down. Pull the Grill Plate forward to take the Grill Plate off the Base. The clip will unsnap. If grill is hot, use oven mitt.
3. Rinse Grill Plate and Base and place in dishwasher. **NOTE:** Grill Base should be put on the top dishwasher rack only. You can also wash in hot, soapy water.
4. Make sure Grill Plate and Base are completely dry before using.



CAUTIONS AND SUGGESTIONS

POWER CORD

1. If the power cord becomes worn-out, stop using the unit immediately and contact your nearest Authorized Sunbeam Service Center for repair.
2. Be sure to use a 120 Volt AC/10 Ampere power supply.
3. In order to avoid electric shock or damage to the unit, do not rinse or immerse the Temperature Control in water or any other liquid.

HANDLE WITH CARE

The Grill Plate surface is non-stick Xylan[®] coated.

1. **Do Not** use sharp metal utensils or knives to cut food on the Grill Plate.
2. **Do Not** place the Temperature Control on the Grill Plate surface. It may scratch or damage the surface of the Grill Plate.
3. **Do Not** use cleansers, nylon or metal brushes. It may scratch or damage the surface of the Grill Plate.
4. When removing the Grill Plate, always grip the base of grill and safety handle.
5. After the unit has cooled, be sure to clean the Grill Plate with a slightly damp cloth and then clean manually with warm, soapy water or place Grill in a dishwasher.
6. **Do Not** use Grill Plate on unstable locations or near flammable materials such as newspaper, PVC cloth, floor cushions, etc.
7. **Do Not** wash Grill Plate with the Temperature Control connected.

QUESTIONS?

Sunbeam Consumer Service 1-800-526-2832 _____

www.sunbeam.com _____

RECIPES

CITRUS-MARINATED CHICKEN

2 lemons
2 oranges
1/4 cup maple syrup
1 Tbsp. olive oil
2 tsp. thyme
1/2 tsp. black pepper
2-1/2 lbs. chicken wings and drumsticks

Grate the zest from the lemons and orange. Squeeze the juice from the lemons and orange; set the juices aside. In a small bowl, combine the grated lemon and orange zests and the maple syrup. Set aside.

In a separate bowl, blend the reserved citrus juices, oil, thyme and pepper. Add the chicken and turn to coat completely. Cover the bowl with plastic wrap. Marinate in the refrigerator for at least 4 hours or overnight, turning the chicken occasionally.

Grill chicken, turning often or until almost cooked through. Brush the chicken with some of the maple syrup mixture, turn and grill for 1 minute. Brush the chicken with the remaining mixture, turn and grill for 1 more minute.

YIELD: 4 SERVINGS

TURKEY BURGERS

1-1/4 lb. ground turkey
1 Tbsp. Dijon mustard
1 Tbsp. Worcestershire sauce
2 garlic cloves, minced
1 small onion, minced
1/2 tsp. salt
1/4 tsp. black pepper
4 slices Monterey Jack cheese
4 bread rolls, split and toasted

In a bowl, mix together turkey, mustard, Worcestershire sauce, garlic, onion, salt and pepper. Form into 4 patties.

Grill the patties turning once or until they are firm and cooked through. Put a piece of cheese on each burger. Grill for about 30 seconds or until the cheese is melted.

Place each burger on a bun and serve with lettuce, tomato and onion (*optional*).

YIELD: 4 SERVINGS

LEMON-HONEY CHICKEN BREASTS

3 Tbsp. fresh lemon juice	1 tsp. soy sauce
1 Tbsp. honey	1/4 tsp. ground ginger
1 Tbsp. vegetable oil	4 skinless, boneless chicken breast halves

In a bowl, combine lemon juice, honey, oil, soy sauce and ginger. Coat chicken breasts with mixture and let stand for 10 minutes.

Remove the chicken from the marinade, reserving the marinade.

Grill the chicken turning once and brushing with the reserved marinade until cooked through.

YIELD: 4 SERVINGS

GRILLED CHICKEN CAESAR SALAD

3 garlic cloves	3 Tbsp. fresh lemon juice
3 Tbsp. olive oil	6 to 8 anchovy fillets
1 tsp. grated lemon zest	2 Tbsp. mayonnaise
1/2 tsp. salt	8 cups Romaine lettuce, torn into bite-size pieces
1/2 tsp. black pepper	1/4 cup grated Parmesan cheese
12 slices French bread	
3/4 lb. skinless, boneless chicken breast halves	

Mince 1 of the garlic cloves. In a bowl, mix together the minced garlic, 1 Tbsp. of the olive oil, lemon zest, 1/4 tsp. of the salt and 1/4 tsp. of the pepper. Lightly brush 1 side of each bread slice with the oil mixture. Put the chicken on a plate and rub the remaining oil mixture over both sides. Set aside.

In an OSTER® Food Processor, combine the lemon juice, anchovies, mayonnaise and the remaining oil, salt and pepper. With the machine running, drop the remaining garlic cloves through the feed tube and process until puréed. Scrape the dressing into a large salad bowl.

Grill the chicken, turning once or until cooked through. Transfer to a clean plate.

Grill the bread for 1 minute on each side or until toasted.

Mix the chicken juices that have collected on the plate into the dressing. Cut the chicken on an angle into thin strips. Add the Romaine and Parmesan to the dressing and toss to coat. Add the toast and chicken, toss again and serve.

YIELD: 4 SERVINGS

PESTO-PEPPER SALMON STEAKS

1 cup chicken broth	1/2 tsp. salt
5 garlic cloves, peeled	1/4 tsp. black pepper
2 tsp. olive oil	2 cups frozen corn kernels, thawed
2 cups packed fresh basil leaves	4 scallions, sliced
2 Tbsp. grated Parmesan cheese	4 bell peppers, mixed colors,
2 Tbsp. fine, dry unseasoned breadcrumbs	halved lengthwise and seeded,
1 Tbsp. fresh lemon juice, plus 1 lemon,	stems left on
cut into wedges	4 salmon steaks (<i>about 1 lb. total</i>)
	cut 1/2-inch thick

In a saucepan, combine the broth, garlic and oil. Bring to a boil over medium-high heat and cook until reduced to about 1/4 cup, about 12 minutes. Let cool slightly and place in an Osterizer® Blender along with the basil, Parmesan, breadcrumbs, lemon juice, salt and black pepper and process until the pesto is smooth. In a bowl, place the corn, scallions and half of the pesto and toss to combine.

Grill the pepper halves, cut sides toward the heat, for 8 minutes. Remove them from the grill and spoon the corn mixture into them, dividing evenly.

Brush the salmon steaks lightly with some of the remaining pesto. Grill the salmon, turning once and basting liberally with the remaining pesto until the salmon is firm and flakes in the center when tested with the tip of a knife. Return the bell peppers to the grill to warm for 1 minute.

Remove the salmon skin before eating. Serve the salmon and peppers with lemon wedges.

YIELD: 4 SERVINGS

GRILLED-ONION DIJON BURGERS

1 lb. lean ground beef	1/2 tsp. black pepper
1/2 cup fine unseasoned dry breadcrumbs	2 Tbsp. olive oil
1/4 cup + 2 Tbsp. Dijon mustard	1 large red onion, cut crosswise into 1/2-inch rounds
1/4 cup dry red wine	1 large yellow onion, cut crosswise into 1/2-inch rounds
1 large egg	
2 tsp. tarragon	

In a bowl, combine the beef, breadcrumbs, 2 Tbsp. mustard, 3 Tbsp. red wine, egg, 1 tsp. tarragon and 1/4 tsp. pepper. Mix briefly, just to distribute the breadcrumbs and seasonings. Shape the meat mixture into 4 patties.

In a different bowl, combine the remaining 1/4 cup mustard, 1 Tbsp. red wine, 1 tsp. tarragon, 1/4 tsp. pepper and the oil and blend well.

Brush the burgers and onion slices with half the mustard mixture and grill for 5 minutes. Turn the burgers and onions and brush them with the remaining mustard mixture. Grill for 2 to 4 minutes for medium-rare, 4 to 5 minutes for medium, 6 to 7 minutes for well done, or until desired doneness.

YIELD: 4 SERVINGS

STUFFED GRILLED MUSHROOMS

1 cup reduced-sodium chicken broth	4 oz. Italian or French bread, crumbled
3 Tbsp. Dijon mustard	1/2 cup chopped parsley
2 Tbsp. fresh lemon juice	4 scallions, thinly sliced
1/2 tsp. Worcestershire sauce	2 garlic cloves, minced
12 large mushrooms, stems removed and reserved	1/2 tsp. salt 1 tsp. olive oil

In a bowl, combine the broth, mustard, lemon juice and Worcestershire sauce. Add the mushroom caps and toss to coat completely. Marinate at room temperature for 30 minutes.

Reserving the marinade, drain the mushroom caps and set aside. Chop the mushroom stems and place them in a bowl. Add the bread, parsley, scallions, garlic, salt and oil. Add the reserved marinade to the bread mixture and stir to moisten thoroughly.

Grill the mushrooms, stemmed side down, for 5 minutes, or until lightly browned. Transfer the mushrooms to a flat surface, turn them stemmed sides up and spoon the stuffing mixture into them, patting it down lightly. Return the mushrooms to the grill. Cover the mushrooms with heavy-duty foil and grill for 8 minutes or until the stuffing is hot.

YIELD: 4 SERVINGS

I-YEAR LIMITED WARRANTY

Sunbeam Products, Inc. warrants to the original purchaser, subject to the limitations and exclusions set forth below, that this product shall be free, in all material respects, of mechanical and electrical defects in material and workmanship from the date of purchase for one year. This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to operating instructions or disassembly, repair or alteration by any person other than an authorized service center.

Our obligation hereunder is limited to repair or replacement with a new or refurbished unit of the same or a similar model of as good or better quality, at manufacturer's option, of the product during the warranty period, provided that the product, along with the model number and original dated proof of purchase, is sent postage prepaid, directly to the following address:

For products purchased in the United States:

**SUNBEAM APPLIANCE SERVICE STATION
Attention: Service Department
117 Central Industrial Row
Purvis, MS 39475**

For products purchased in Canada:

**SUNBEAM CANADA CORP., LTD.
c/o Service Tek
Please call 1-800-667-8623 or email us at
consumeraffairs@consumer.sunbeam.com**

Do not return this product to the place of purchase or to the manufacturer; doing so may delay the processing of your warranty claim.

Answers to questions regarding this warranty or for your nearest authorized service location may be obtained by calling toll-free 1-800-597-5978 or by writing to Sunbeam – Consumer Affairs, at P.O. Box 948389, Maitland, FL 32794-8389. Answers to questions regarding this warranty or for your nearest Canadian authorized service location may be obtained by calling toll-free in Canada 1-800-667-8623. For warranty information or for an authorized service location outside of the United States and Canada, please see the warranty service card inserted in the product packaging.

DISCLAIMER

Product repair or replacement as provided under this warranty is your exclusive remedy. **SUNBEAM PRODUCTS, INC. SHALL NOT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT OR ANY PART THEREOF. EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, SUNBEAM PRODUCTS, INC. DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE OF THIS PRODUCT OR ANY PART THEREOF.** Some states and provinces do not allow the exclusion or limitation of incidental or consequential damages, or allow limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from State to State or Province to Province.

NOTES



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