

KITCHEN NUTRITION

**Oil Core Skillet • Sartén de Núcleo
de Aceite • Poêlon à centre d'huile**



Healthy Cooking Guide • La Guía del Arte de Cocción Sana • Guide de cuisson saine

Congratulations

Congratulations on your purchase of the Stainless Steel Oil Core Electric Skillet! Advanced engineering has enabled us to provide you with a sophisticated stainless steel cooking utensil that is perfect for baking, braising, pan-broiling, roasting, sautéing, simmering, stewing and stir-frying.

The innovative design of the Stainless Steel Oil Core Electric Skillet gives you even heat distribution across the bottom and sides to prevent sticking and burning. The Oil Core Skillet retains the heat, making it perfect for table and buffet service.

Please take a few moments to acquaint yourself with the many convenient features of your Oil Core Skillet. Read the instructions in this booklet carefully to be certain you are using your Skillet properly and to its fullest capabilities. Then discover the incredible ease of use and sample the recipes which have been developed specifically for your enjoyment. The recipes included here are representative of the variety of cooking tasks that can be performed in this Skillet.

This Stainless Steel Oil Core Electric Skillet is a finely crafted product and needs no special care other than cleaning. If service becomes necessary, please let our experts make any repairs. Attempting to fix it yourself may result in damage not covered by the warranty and could cause personal injury.

Within a few hours of use, you will discover the ease of carefree cooking with your Oil Core Skillet. Enjoy!

IMPORTANT SAFEGUARDS

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

1. Read all instructions.
2. Do not touch hot surfaces. Use handles and knobs. Do not operate this appliance without handles in place.
3. To protect against electrical hazards, do not immerse cord, plugs, or heat control in water or other liquid.
4. This appliance is not intended for use by or near young children or infirm persons without supervision.
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. Return appliance for examination and possible 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 gas or electric burner or in a heated oven.
11. Use extreme caution when moving an appliance containing hot oil or other hot liquid.
12. Always attach plug to appliance first, then plug cord into wall outlet. To disconnect, press the OFF button, then remove plug from wall outlet.
13. This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, this plug is intended to fit into 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 for assistance. **DO NOT ATTEMPT TO** modify the plug in any way.
14. Do not use appliance for other than intended household use.
15. Do not tamper with pressure relief valve behind handle. If oil leaks from under handles or from any part of the Skillet, do not use. For repairs, see warranty.
16. After cleaning, the appliance inlet (where the electrical connector plugs in) must be thoroughly dried before appliance is used again.
17. This appliance is not intended for deep frying foods.

SAVE THESE INSTRUCTIONS

Your Safety is Our Concern

1. Check the handles on this Skillet and tighten any loose screws when necessary.
2. The pressure relief valve for the unique “Oil Core” of this Skillet is guarded by the handle. It is important to have handles in place at all times. Do not operate this Skillet without both handles securely in place.
3. If the Skillet is dropped or the handles are broken, check for damage to the pressure relief valve. If parts are dislodged or if you notice oil leaking from under the handle, contact your distributor (see address inside back cover) for service. Do not tamper with the pressure relief valve under any condition.
4. Always dry outside of Skillet completely before connecting heat control.
5. Never immerse hot Skillet in water. Always allow Skillet to cool before cleaning.
6. To reduce the hazard of potential electrical shock, this item has a polarized plug which is designed to fit only one way in a polarized outlet.
7. A short cord is provided to reduce the risks of becoming tangled in or tripping over a longer cord. Extension cords are not recommended.

Features and Benefits

Stainless Steel Construction – Hard, polished stainless steel resists pitting, cracking, and chipping. Easy to clean, your Stainless Steel Oil Core Electric Skillet will retain its beautiful appearance for years.

Amazing Oil Core – Fast, even heat distribution over the entire cooking surface without hot spots is assured, thanks to a special heat conducting oil sandwiched between layers of high quality stainless steel. This is the finest heat conduction system available for cookware!

Touch-Pad Heat Control - Optimum heat selection is easy with the touch-pad heat control. Built-in timer allows you to select the cooking time, up to 12 hours, and the Skillet shuts off automatically. Temperature and cooking time can be changed at any point during cooking.

Fully Immersible – With the touch-pad heat control removed, the Skillet can be easily washed in your sink or placed in a dishwasher. Water cannot damage the heating element. It is sealed beneath the cooking surface, protected from moisture and corrosion.

Stores Heat – From kitchen to table, piping hot! The Oil Core holds heat long after the Skillet is unplugged. Food stays at serving temperature at the table without an inconvenient cord attached.

Use and Care

1. Before the first use, remove heat control. Wash Skillet and Cover in hot, soapy water to which you have added one cup of vinegar per gallon of water. This removes all traces of manufacturing oils and polishing compounds. Rinse in clear, warm water and dry thoroughly with a clean, soft towel. **Caution: Always remove touch-pad heat control before immersing Skillet in water.**
2. Always dry outside of Skillet completely before connecting heat control.
3. Refer to Temperature Guide or use temperature specified in recipe to ensure best results.
4. When the appliance is turned off, disconnect the cord from the outlet. To transfer it to the table for serving, remove heat control, handling very carefully since the heat control will be very hot. It is important to lay the hot heat control on a heatproof surface to cool to avoid damage to the table or counter top. If food is not being served from the appliance, allow it to cool before removing heat control.
5. Allow Skillet to cool before immersing it in water for cleaning. Do not immerse heat control.
6. See complete Operating and Cleaning Instructions that follow.
7. Before first use, remove the thin protective film covering the touch-pad heat control.

Operating Instructions

1. Insert automatic heat control into appliance. Plug into electric outlet. As soon as the appliance is plugged in, a red signal light will appear on the right side of the display.  **CAUTION:** Always operate appliance at least 4" (10 cm) from wall.
2. To set the desired temperature, press and release the temperature key (the default temperature will flash) then press the up or down arrow until the desired temperature appears on the display. To select the default temperature of 150°F (65°C), press the temperature key a second time. If no temperature is set, the display will flash for 2 minutes and automatically shut off. Pulsing the up or down arrow will adjust the temperature by 5-degree increments; pressing and holding the key will adjust it by 25-degree increments (10-degrees in Celsius). As the appliance preheats to desired temperature, the signal light (red light on left side of digital display) will blink on and off. Always preheat appliance (4 to 6 minutes), unless recipe states to start with it cold.
3. Add food when the signal light stops blinking, indicating that the cooking temperature has been reached. Heat may be increased or decreased by depressing the up or down arrow, depending upon the type or amount of food being prepared. The signal light will cycle on and off during cooking to indicate that the proper temperature is being maintained.
4. After the food is placed in the appliance, set the cooking time if desired. Press and release the time key. The display will flash "00:00." Press the up or down arrows until the desired length of time is set (maximum is 12 hours). If no time is set, the heat control will operate at the preset temperature until the off button is pressed. Pulsing the key will adjust the time by 1-minute increments; pressing and holding either key will adjust the time by 10-minute increments. The time will automatically count down and the remaining time will be displayed unless the temperature key is pressed. The temperature or time can be changed or displayed anytime during cooking by simply repeating the steps detailed above.
5. When cooking is complete, and the time setting has not been used, press the off button. The temperature and time settings will be cancelled.
6. Pressing and holding both temperature and time buttons at the same time will switch temperature reading between Fahrenheit and Celsius.

Temperature Guide

Warm or Simmer 150 to 200°F (65 to 95°C)	Keep foods warm; simmer meats and poultry.
225 to 250°F (105 to 120°C)	Stew or braise meats; sauté vegetables; cook sauces, fruits, and casseroles.
275 to 300°F (135 to 150°C)	Prepare eggs, gravies, candies, and puddings.
325 to 350°F (165 to 175°C)	Brown meats, seafood and potatoes; bake cakes, pancakes, and French toast; grill sandwiches.
375°F (190°C)	Sear meats and poultry; stir-fry chicken.
400 to 425°F (205 to 220°C)	Pan-broil meats and fish; stir-fry meats; pop corn.

Automatic Rice Settings

The digital heat control features an automatic rice setting. *It's as easy as 1-2-3!* (1) Insert desired ingredients. (2) Press the temperature key. (3) Press the down arrow key once to select RIC1. Display will flash. When flashing stops, heating has begun. The unit will automatically heat to boiling, cook the rice (a count down timer will appear in the display) and then switch to the keep warm temperature of 150°F (65°C) when cycle is complete.

RIC1 – Used for most rice recipes. (1-3 cups dry measure)

RIC2 – *Due to the capacity of this skillet (3 cups dry measure), the RIC2 setting should not be used.* **DO NOT EXCEED SKILLET CAPACITY.**

Rice Cooking Guide		
<u>Rice</u>	<u>Water</u>	<u>Setting</u>
Standard Varieties		
1 cup	2 cups	RIC1
2 cups	3 cups	RIC1
3 cups	4 cups	RIC1
Jasmine <i>(For best results, rinse rice twice.)</i>		
2 cups	3½ cups	RIC1
Calrose		
2 cups	2¾ cups	RIC1
<i>These are general guidelines. Results may vary depending on quantity, type and brand of rice selected.</i>		

Cleaning

1. To maintain the beauty and cooking efficiency of the Oil Core Skillet, it is important that it be cleaned thoroughly with warm, soapy water after each use. Food films left on the cooking surface will cause discoloration when the Skillet is reheated.
2. Although durable, stainless steel is not indestructible. Pitting may result if undissolved salt remains in your Skillet. Salt should be added just before serving foods or to boiling liquids. Liquids should be stirred immediately to completely dissolve the salt. Do not allow seasoned foods or high-acid foods to remain in your Skillet for long periods.
3. With the heat control removed, your Skillet can be immersed in water or placed in an automatic dishwasher to clean. **IMPORTANT: Allow Skillet to cool before cleaning. Do not immerse hot Skillet in water. Always remove touch pad heat control before putting Skillet in water.** Clean Skillet in hot soapy water with a sponge, dishcloth, nylon net, or plastic pad. Do not use a metal scouring pad, knife, or harsh scouring powder on the polished stainless steel finish. Rinse the Skillet thoroughly with clear hot water. Dry promptly to prevent water spots. Wipe heat control with a damp cloth, then dry.
4. Persistent overheating may cause blue or brown heat tints inside your Skillet. Stains may also result from minerals in certain foods. To remove both heat tints and stains, make a paste with water and a non-abrasive stainless steel cleaner. Do not use a cleaner which contains chlorine bleach. Apply paste with a cloth or sponge, and rub lightly in a circular motion. Wash Skillet again, rinse, then dry promptly.
5. Remove minor scratches with a non-abrasive stainless steel cleaner, following the instructions in No. 4 above. To prevent scratches, do not cut, scrape, or chop food with sharp-edged kitchen tools in your Stainless Steel Skillet.
6. To remove stuck on foods, fill with warm water and let soak for 30 minutes. Then clean with warm, soapy water as usual. A non-abrasive stainless steel cleaner may also be used, following the instructions in No. 4 above.

Standard Guide to Weights and Measures

1 U.S. cup	8 U.S. ounces
.....	16 U.S. tablespoons
.....	48 U.S. teaspoons
1 U.S. teaspoon.....	$\frac{1}{3}$ U.S. tablespoon
1 U.S. tablespoon	3 U.S. teaspoons
2 U.S. tablespoons	1 U.S. fluid ounce
4 U.S. tablespoons	$\frac{1}{4}$ U.S. cup

Metric Conversions

Liquid Measure Volume Equivalents

U.S. Customary Units	Metric Equivalent
1 teaspoon.....	5 milliliters
1 tablespoon	15 milliliters
$\frac{1}{4}$ cup.....	60 milliliters
$\frac{1}{2}$ cup.....	120 milliliters
$\frac{3}{4}$ cup.....	180 milliliters
1 gill ($\frac{1}{4}$ pint).....	118.291 milliliters
1 cup	0.236 liter
1 pint.....	0.473 liter
1 quart	0.946 liter
1 gallon	3.785 liters

Dry Measure Volume Equivalents

U.S. Customary Units	Metric Equivalent
1 teaspoon.....	5 milliliters
1 tablespoon	15 milliliters
1 cup	0.275 liters
1 pint.....	0.550 liters
1 quart	1.101 liters
1 peck.....	8.809 liters
1 bushel	35.238 liters

