

Sunbeam^{®/MD}

User Manual

Manuel de l'utilisateur

Skillet Poêle à frire



IMPORTANT SAFEGUARDS

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

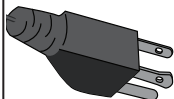
1. Read all instructions before using.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug or TEMPERATURE CONTROL PROBE in water or other liquid.
4. Close supervision is necessary when any appliance is used near children. This appliance is not to be used by children.
5. Unplug from outlet when not in use and before cleaning the appliance. Allow to cool before putting on or taking off parts, and before cleaning.
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 manufacturer (see warranty) for examination, repair, or adjustment.
7. The use of accessory attachments not recommended by manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch heated surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving appliance containing hot oil or other hot liquids.
12. Always attach TEMPERATURE CONTROL PROBE to appliance first, then plug cord in the wall outlet. To disconnect, turn TEMPERATURE CONTROL DIAL to "OFF", then remove plug from wall.
13. Do not use appliance for other than intended use. This unit is intended for household use only.
14. Please use recommended probe P/N: 040254 or 040257 in US, and JH005-4 in Canada.
15. Risk of burn, never fill oil in the Skillet Pan for more than 1/2 inch (12.7 mm) high. Do not use for deep frying.

16. This appliance is not intended for deep frying foods.

THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY.

SAVE THESE INSTRUCTIONS

This appliance is for household use only. No user-serviceable parts inside. Do not attempt to service this product. A short power supply cord is provided to reduce the hazards resulting from entanglement or tripping over a long cord.



GROUNDING PLUG

This appliance has a grounded plug. As a safety feature to reduce the risk of electrical shock, this plug is intended to fit in a grounded outlet only one way. If the plug does not fit fully in the outlet contact a qualified electrician. Do not attempt to defeat this safety feature or modify the plug in any way. If the plug fits loosely into the AC outlet or if the AC outlet feels warm do not use that outlet.

KEEP WARM SETTING

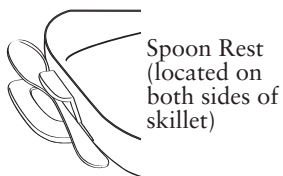
The temperature control probe has a “Keep Warm” range setting of approximately 150°F to 180°F. The indicator light will cycle on and off when this setting is in use to indicate that the skillet is maintaining the desired temperature.

IMPORTANT

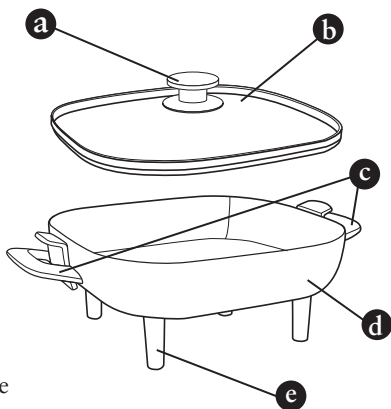
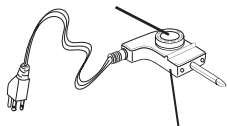
Check the handles/legs of your skillet periodically for looseness. If needed, re-tighten with a screwdriver.

Caution: Overtightening can result in stripping of screws or cracking of handles and base.

LEARNING ABOUT YOUR ELECTRIC SKILLET



Temperature
Control dial



a Lid Knob

b Glass Lid

c Skillet handles

d Skillet Pan

e Skillet Leg

HOW TO USE

- Set the skillet on a flat, dry, heat resistant surface. Some countertop and table surfaces, such as Corian® and other surfaces, are not designed to withstand the prolonged heat generated by certain appliances. If you plan to use the product for a prolonged period of time, we recommend placing a hot pad or trivet under your skillet beforehand to prevent possible damage to the surface.
- Turn temperature control to “OFF”, plug temperature control probe securely into receptacle on skillet, plug into standard 120V AC outlet and turn temperature control to desired setting.
- The temperature control indicator light will come on when you set or adjust the temperature. Once the desired temperature is reached, the indicator light will go out. (When adding food, the indicator light will come on briefly as the overall cooking temperature is reduced.)
- Preheat the skillet with the lid on for 10 – 15 minutes or until the indicator light goes out. **NOTE:** The cooking temperatures listed in this user manual are estimates. Adjust the cooking temperature slightly up or down to achieve the results you prefer.
- A steam vent is located on the Glass Lid. The steam vent allows steam to escape while cooking with the lid in place. **CAUTION:** Escaping steam is hot! Be careful when removing or lifting lid. Oven mitts are recommended when removing cover from skillet base or when replacing it.

NOTE: If heating oil, always leave the lid off. If oil smokes, immediately turn skillet “OFF” and allow to cool.

USEFUL HINTS

- Before using the skillet for the first time, lightly brush cooking surface with vegetable oil. Heat, uncovered, to 300°F. Turn “OFF” and cool completely. Wipe away excess oil.
- Your skillet features a convenient Spoon Rest. Refer to Figure 1 for location. Use only nylon or heat-proof plastic cooking utensils. Metal utensils may scratch the non-stick surface.
- This skillet is not designed to deep fry. To pan-fry, do not use more than 1 cup of oil. Select a vegetable oil or peanut oil for frying. Butter and olive oil should only be used to sauté foods on a lower temperature setting.

CLEANING AND MAINTENANCE

CAUTION: Skillet is hot. Handle carefully.

WARNING: Do not immerse temperature control probe in water or other liquid.

- Always allow the skillet to completely cool before cleaning.
- Unplug cord from wall outlet, then remove temperature control probe from appliance. **Caution:** The probe on the temperature control piece could be hot. Wipe probe clean with a dry towel.
- Immerse the skillet and lid in warm, soapy water and wash with a soft cloth. Rinse well and dry. All parts, except the temperature control probe, are fully immersible and dishwasher safe.

NOTE: Do Not use steel wool, abrasive cleaners, or metal scouring pads on cooking surfaces as this will damage the non-stick coating.

TEMPERATURE GUIDE

FOOD	AMOUNT	TIME/DIRECTIONS	TEMP.
Burgers	1/4 lb.	3 to 9 minutes/per side (med.)	300°F / 150°C
STEAK	1" thick, boneless	9 to 12 minutes/per side	300°F / 150°C
Chicken	boneless breasts	6 to 7 minutes/per side	300°F / 150°C
French Toast		3 to 5 minutes/per side	325°F / 163°C
Pancakes		1 to 3 minutes/per side	300°F / 150°C
Eggs Fried	1 to 6 eggs	2 to 3 minutes/first side 1 to 2 minutes/second side Melt 1 to 2 tsp. butter or margarine in skillet	300°F / 150°C
Poached		2 to 3 minutes Pour 2 cups water and 1 tsp. cider vinegar in skillet. Heat to boiling. Break each egg into a bowl; slip into water. Cover and cook 2 to 3 minutes.	
Scrambled		3 to 4 minutes Melt 1 to 2 tablespoons butter or margarine in skillet. Add eggs, cook, stir gently, until set and cooked.	
Bacon		5 minutes/first side 1 to 3 minutes/second side	300°F / 150°C
Sausage Links		8 to 10 minutes	300°F / 150°C
Sausage Patties		6 minutes/first side 5 to 6 minutes/second side	300°F / 150°C

RECIPES

Apple Nut Pancakes

2 tablespoons butter or margarine	Dash nutmeg
1/2 cup plus 2 tablespoons all-purpose flour	2/3 cup milk
1 1/2 teaspoons sugar	1 egg
2 teaspoons baking powder	1/2 cup peeled and finely chopped apple
1/4 teaspoon salt	2 tablespoons chopped pecans or walnuts
1/4 teaspoon cinnamon	
Vegetable oil	

Melt butter. Set aside to cool slightly. Combine flour, sugar, baking powder, salt and spices in a small bowl. Combine melted butter and milk in mixing bowl. Add egg and beat lightly to combine. Blend in flour mixture, stirring just until combined. Fold in apple and nuts. Preheat skillet to 350°F. Brush lightly with oil. Pour about 1/4 cup batter for each pancake. Cook until bubbles come to the surface and the bottom is golden brown, about 2 minutes. Serve 3 warm with maple syrup for breakfast or brunch or top with ice cream, additional nuts and caramel syrup for dessert.

Classic French Toast

1 egg, slightly beaten	1 tablespoon butter or margarine
1/3 cup milk	2 slices French bread, sliced 1-inch thick
1/4 teaspoon vanilla extract	Maple syrup
Dash nutmeg or cinnamon	
1/2 teaspoon confectioner's sugar	

Combine egg, milk, spice and sugar in shallow pan. Preheat skillet to 350°F. Add butter to skillet. Dip both sides of bread quickly into egg mixture then place in skillet. Cook 2 to 3 minutes per side or until bread is golden brown. Dust each piece lightly with confectioner's sugar and serve with maple syrup.

RECIPES

Denver Omelet

1/2 cup diced, cooked ham	3 eggs
1/4 cup chopped green bell pepper	2 tablespoons water
1/4 cup sliced fresh mushrooms	1/8 teaspoon salt
1 green onion, sliced	Dash cayenne pepper
1 tablespoon butter or margarine	
1/3 cup (1-ounce) cheddar cheese, shredded	

Set skillet temperature to 300°F. Add ham, green bell pepper, mushrooms, onions and butter. Saute 2 minutes, stirring frequently. Arrange vegetables in an even layer. Lightly beat eggs with water, salt and cayenne pepper; pour egg mixture over ham and vegetables. Cover and cook 4 minutes or until eggs are set. Sprinkle with cheese, cover and cook additional 2 minutes. To serve, slice omelet in half then gently fold each part in half. Lift omelets from skillet with a wide spatula.

Ham and Egg Favorite

1 tablespoon butter or margarine	2 eggs
1/4 cup chopped onion	1/2 cup chopped cooked ham
2 tablespoons all-purpose flour	1/2 cup chopped fresh spinach
1/4 cup milk	
3/4 cup (3-ounces) Swiss cheese, shredded	

Set skillet temperature to 300°F. Add butter and melt. Add onions and saute until onions are tender, about 2 minutes, remove onion from skillet and set aside. Combine flour, milk and eggs; beat lightly to blend. Pour egg mixture into pan. Cover and cook 2 minutes. Arrange ham, spinach and cooked onions evenly over eggs. Sprinkle cheese evenly over top. Cover and cook additional 2 minutes. Gently cut into four pie-shaped wedges. Lift each wedge onto serving plate.

RECIPES

Cheese and Bacon Potatoes

- 6 slices bacon
- 1/4 cup onion, finely chopped
- 4 large potatoes, thinly sliced with skins on
- 1 1/2 cup (6-ounces) cheddar cheese, shredded
- 1 can (4-ounces) chopped green chilies

Place bacon in cold skillet. Turn temperature control dial to 350°F. Fry bacon until crisp, remove and drain. Carefully remove grease, reserving 2 tablespoons bacon grease in skillet. Add potatoes to skillet; cover and cook 10 minutes. Turn potatoes and cook an additional 5 minutes. Crumble bacon and combine with green chilies and onion. Sprinkle over potatoes. Top with cheese; cover and cook 5 more minutes.

Pasta with Peppers and Chicken

- | | |
|--|--|
| 1 clove garlic, minced | Pinch ground red pepper |
| 1 tablespoon olive oil | Salt and ground black pepper to taste |
| 1 whole boneless,
skinless chicken breast, cut
into 1/2-inch x 2-inch strips | 1 1/2 teaspoons cornstarch |
| 1 cup sliced red,
green or yellow bell pepper
(or combination) | 3/4 cup chicken broth |
| 1/2 teaspoon basil | 3/4 cup chicken broth |
| | 4-ounces linguine or fettuccine,
cooked and drained |
| | 1/2 teaspoon basil |

Set skillet temperature to 350°F. Add garlic and oil and saute 2 minutes. Add chicken; cook and stir for 5 minutes. Stir in bell peppers and allow to cook additional 2 minutes or until vegetables are crisp tender and chicken is done. Reduce temperature to 250°F. Blend seasonings and cornstarch into chicken broth, stirring until well blended. Pour broth mixture into skillet. Heat, stirring gently, 1 minute or until mixture is hot and thickened. Serve over pasta. Makes 2 servings.

RECIPES

Easy Beef Fajitas

Juice of 2 limes	1/2 green or red bell pepper, thinly sliced
1 small onion, thinly sliced	4 flour tortillas
2 tablespoons olive oil	1/2 cup (2-ounces) monterey jack or cheddar cheese, shredded
1/2 teaspoons ground cumin	Guacamole, optional
1/4 teaspoon salt	Salsa, optional
1 clove garlic, minced	Sour cream, optional
1/8 teaspoon red pepper flakes	
Freshly ground black pepper, to taste	
3/4-lb. top round steak, thinly sliced	
Chopped tomatoes, optional	

Combine lime juice, 1 tablespoon olive oil, cumin, salt, garlic, red pepper and black pepper in glass bowl. Add beef and allow to stand, at room temperature, 30 minutes. Set skillet temperature to 350°F. Add remaining 1 tablespoon olive oil, onion and green/red bell pepper and stir gently. Cover and cook 1 to 2 minutes or until vegetables are tender. Remove vegetables and keep warm. Drain meat, discard marinade and place meat in skillet. Saute meat 7 to 9 minutes or until done. Meanwhile, wrap tortillas in aluminum foil and heat in 350°F. oven for 5 minutes. To assemble, spoon about 1/4 of meat and vegetables into center of each warmed tortilla. Sprinkle with 2 tablespoons cheese. Roll tortilla and place on serving plate. Garnish, as desired, with guacamole, salsa, sour cream and/or chopped tomatoes.

Pork Chops with Spanish Rice

2 to 4 center cut pork chops, about 1/2-inch thick	1/3 cup raw long grain rice
1/4 cup chopped green bell pepper	1/2 teaspoon chili powder
1 can (14 1/2-ounces) whole tomatoes	1/3 cup chopped onion

Set skillet temperature to 350°F. Add chops and cook on first side 5 minutes. Turn chops; add onion and green bell pepper. Cook, stirring vegetables occasionally, 2 minutes. Reduce temperature to "WARM", add rice, chili powder and tomatoes and stir to blend into vegetables. Cover and cook 25 to 30 minutes, stirring occasionally.

RECIPES

Swiss Steak

1 1/2-lbs beef round steak, 3/4- to 1-inch thick	1 can (8-ounces) tomato sauce
1/4 cup flour	1 onion, sliced
3/4 teaspoon salt	1 stalk celery, sliced
1/4 teaspoon ground black pepper	1 carrot, thinly sliced
2 tablespoons shortening	1/2 teaspoon worcestershire 1 sauce
can (14 1/2-ounces) stewed tomatoes, drained	

Cut meat into 6 serving-size pieces. Combine flour, salt and pepper. Coat meat with flour mixture. Add shortening to skillet and preheat to 300°F. Brown meat on both sides. Carefully drain off excess fat. Add remaining ingredients. Set temperature Control dial to "SIMMER", cover and cook over low heat about 1 1/2 hours or until meat is tender. Remove meat from skillet. Combine 1/4 cup cold water and 1 tablespoon flour, add to tomato mixture in skillet. Cook and stir until thick and bubbly. Serve meat with tomato sauce spooned over meat.

Shrimp and Vegetable Stir-Fry

3/4-lb. raw, shrimp, shelled and deveined	1 small sweet red bell pepper, in thin strips
2 tablespoons light soy sauce	1 cup broccoli flowerettes
2 tablespoons dry sherry	1/2 medium onion, thinly sliced
2 teaspoons cornstarch	5 large fresh mushrooms, sliced
1 teaspoon grated gingerroot	1/2 package (3-ounces) frozen snow peas, thawed
2 stalks celery, sliced	
1 tablespoon vegetable oil	

Place cleaned shrimp in bowl. Combine soy sauce, sherry, cornstarch, and gingerroot; pour over shrimp. Preheat skillet to 400°F. Add oil to skillet. Stir-fry celery, red bell pepper, broccoli and onions for 2 minutes. Add shrimp with marinade and stir-fry additional 2 minutes or until shrimp turn pink. Add mushrooms and snow peas. Stir-fry until heated through.

RECIPES

Fish Fillets with Lemon Dill sauce

1/4-lb. fresh mushrooms, sliced	1 tablespoon lemon juice
2 green onions, sliced	1/3 teaspoon dill weed
2 tablespoons butter or margarine	1/4 teaspoon salt
1 1/2 teaspoons all-purpose flour	Dash ground black pepper
1/4 cup milk	1 to 2 orange roughly or other firm fish fillets, (about 8-ounces each)
2 tablespoons water	
1 tablespoon white wine	
1/4 cup cream, optional	

Set skillet temperature to 300°F. Add mushrooms, onions and butter. Saute, stirring frequently, 2 minutes. Add flour; cook, stirring constantly, 1 minute. Combine milk and water. Reduce temperature to "WARM", add milk mixture to skillet and cook, stirring constantly, 1 minute. Blend in wine, lemon juice and seasonings. Arrange fish fillets in sauce, spooning sauce over fish. Cover and cook 8 to 10 minutes or until fish flakes easily with a fork. Lift fish from sauce with a wide spatula. If not using cream, spoon sauce over fish and serve. If desired, remove fish from serving platter and keep warm. Blend cream into sauce in skillet. Heat uncovered 1 to 2 minutes. Spoon sauce over fish.

Steak Au Poivre

2 teaspoons black peppercorns or mixture of black, green and pink peppercorns margarine	1 tablespoon butter or margarine
1/2 to 3/4-lb. boneless steak, (1 strip or sirloin steak)	1 green onion, sliced
3 tablespoons water	3 tablespoons bourbon or beef broth

Place peppercorns in plastic bag. Crack peppercorns with rolling pin or mallet. Press cracked peppercorns evenly over both sides of steak. Set aside. Set skillet temperature to 300°F. Add steak and cook, 7 minutes per side for medium-rare, or until desired doneness. Remove steak from skillet and keep warm. Add butter and green onion. Saute, stirring for 1 minute. Combine bourbon/beef broth and water; pour over green onions. Allow to cook, stirring constantly, about 2 minutes or until sauce has thickened slightly. Cut steak into serving portions. Return steak to skillet and spoon sauce over meat. Heat 1 minute. Serve steaks with sauce spooned over meat.

RECIPES

Chicken Cacciatore

2 tablespoons vegetable oil	1/3 cup chopped green bell pepper
3 to 4 pieces chicken (thighs, legs, of halved breasts)	1 can (4-ounces) sliced mushrooms, drained
1 bay leaf	1 teaspoon Italian seasoning
1/3 cup chopped onion	Salt and ground black pepper to taste
1 clove garlic, minced	Hot cooked spaghetti or other pasta
1 can (14 1/2 -ounces) peeled, diced tomatoes	

Set skillet temperature to 350°F. Add oil. Arrange chicken pieces, skin side-down in skillet. Cook chicken until well browned on first side, about 5 minutes. Turn chicken. Add onion and garlic around chicken. Cook 3 minutes, or until onion is cooked, but not brown. Reduce temperature to "WARM", add remaining ingredients, except spaghetti. Cover and cook 30 to 40 minutes, or until chicken is cooked. Stir sauce and spoon over chicken occasionally. Serve chicken and sauce over spaghetti or other pasta.

RECIPES

Stir-Fry Beef and Broccoli

1/2 to 3/4 -lb. top round or sirloin
1 clove garlic, minced
Dash ground ginger
1/2 cup beef broth
2 tablespoons soy sauce, divided
2 tablespoons dry sherry, divided
1 1/2 teaspoons cornstarch
1/2 cup beef broth
Hot cooked rice

1/4 teaspoon sugar
Salt to taste
2 tablespoons sesame or
peanut oil
3/4 cup broccoli flowerettes
1 to 2 medium carrots,
bias sliced
1/2 onion, sliced in thin wedges

Slice beef into very thin slices and place in glass bowl. (Partially freeze beef for 30 to 60 minutes to make beef easier to slice.) Add garlic, ginger, 1 tablespoon soy sauce and 1 tablespoon sherry. Toss to coat. Allow beef to stand, at room temperature for 30 minutes. Combine remaining soy sauce and sherry with broth, cornstarch, sugar and salt; set aside. Set skillet temperature to 350°F. Add oil and heat 1 minute. Drain meat, discarding marinade and add meat to skillet. Stir fry 7 to 9 minutes or until beef is done. Remove meat and keep warm. Add vegetables. Cover and cook 3 minutes or until vegetables are crisp tender. Stir mid-way through cooking. Reduce temperature to 250°F. Blend meat into vegetables. Stir broth mixture then pour over meat and vegetables. Heat, stirring, until broth is hot and thickened. Serve over rice.

SERVICE INSTRUCTIONS

1. Do NOT attempt to repair or adjust any electrical or mechanical functions on this unit. Doing so will void the Warranty.
2. If you need to exchange the unit, please return it in its original carton, with a sales receipt, to the store where you purchased it. If you are returning the unit more than 30 days after the date of purchase, please see the enclosed Warranty.
3. If you have any questions or comments regarding this unit's operation or believe any repair is necessary, please call our Consumer Service Department at 1-800-667-8623 or visit our website at www.sunbeam.ca

1-YEAR LIMITED WARRANTY

Sunbeam Products, Inc. doing business as Jarden Consumer Solutions or if in Canada, Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions (collectively "JCS") warrants that for a period of one year from the date of purchase, this product will be free from defects in material and workmanship. JCS, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty. Do NOT attempt to repair or adjust any electrical or mechanical functions on this product. Doing so will void this warranty.

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance. JCS dealers, service centers, or retail stores selling JCS products do not have the right to alter, modify or any way change the terms and conditions of this warranty.

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 the operating instructions, disassembly, repair or alteration by anyone other than JCS or an authorized JCS service center. Further, the warranty does not cover: Acts of God, such as fire, flood, hurricanes and tornadoes.

What are the limits on JCS's Liability?

JCS shall not be liable for any incidental or consequential damages caused by the breach of any express, implied or statutory warranty or condition.

Except to the extent prohibited by applicable law, any implied warranty or condition of merchantability or fitness for a particular purpose is limited in duration to the duration of the above warranty.

JCS disclaims all other warranties, conditions or representations, express, implied, statutory or otherwise.

JCS shall not be liable for any damages of any kind resulting from the purchase, use or misuse of, or inability to use the product including incidental, special, consequential or similar damages or loss of profits, or for any breach of contract, fundamental or otherwise, or for any claim brought against purchaser by any other party.

Some provinces, states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusion may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

How to Obtain Warranty Service

In the U.S.A.

If you have any question regarding this warranty or would like to obtain warranty service, please call 1-800-458-8407 and a convenient service center address will be provided to you.

In Canada

If you have any question regarding this warranty or would like to obtain warranty service, please call 1-800-667-8623 and a convenient service center address will be provided to you.

In the U.S.A., this warranty is offered by Sunbeam Products, Inc. doing business as Jarden Consumer Solutions located in Boca Raton, Florida 33431. In Canada, this warranty is offered by Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions, located at 20 B Hereford Street, Brampton, Ontario L6Y 0M1. If you have any other problem or claim in connection with this product, please write our Consumer Service Department.

PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE.

Sunbeam®/MD

For product questions:
Sunbeam Consumer Service
USA : 1.800.458.8407
Canada : 1.800.667.8623
www.sunbeam.ca

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