



Quick Start Guide*

*See owner's manual for complete instructions and important safety information before using this product.

NEVER use the Micro ChefGrill Cooking System with a microwave oven that has a power rating exceeding 1350W.

Remove all metal racks or shelves from microwave interior before using the Micro Chef Grill Cooking System.



Step 1

Place ingredients in your Micro Chef Grill.
(Preheat your grill in the microwave if recipe calls for it.)



Step 2

Place lid onto your Micro Chef Grill.
(Some recipes call for the use of the support ring.)



Step 3

Set microwave for proper cook time.



Step 4

Remove the grill from microwave and serve.

Wash All Components Before First Use.

PARTS DIAGRAM

A. Standard Lid (SL)
Ceramic coated,
all purpose.



B. Grill Press Lid (GPL)
Contains microwave
activated heat
element.



C. Support Ring
To be used when GPL is
replacing the SL. Not used
when GPL is used to make
contact with food.



D. Silicone Muffin Pan
(May be sold seperately.)



E. Steam Tray
(May be sold seperately.)



F. Base Unit
Contains microwave
activated heat element.

