

SHAQ™

Smokeless Grill & Press



Owner's Manual

Save These Instructions – For Household Use Only

MODEL: GMC01

When using electrical appliances, basic safety precautions should always be followed. Do not use the **Shaq Smokeless Grill & Press** until you have read this manual thoroughly.

Visit TristarCares.com for tutorial videos, product details, and more.
Guarantee Information Inside



Shaq Smokeless Grill & Press

BEFORE YOU BEGIN

The ***Shaq Smokeless Grill & Press*** has been designed and engineered to reduce to a minimum the smoke and visible vapors usually associated with grilling. Delivers outdoor results indoors. But before you begin, it's very important that you read this entire manual, making certain that you are completely familiar with this appliance's operation and precautions.

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IMPORTANT SAFEGUARDS

WARNING

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

1. The Main Unit Housing contains electrical components and heating elements. **DO NOT IMMERSE** it in water or rinse it under the tap.
2. **TO AVOID ELECTRICAL SHOCK, DO NOT** put liquid of any kind into the Main Unit Housing containing the electrical components.
3. This appliance has a two-prong plug. This plug is intended to fit into a polarized outlet only one way. **DO NOT ATTEMPT** to modify the plug in any way.
4. **MAKE SURE** the appliance is plugged into a wall socket.
5. While cooking, the internal temperature of the appliance reaches several hundred degrees Fahrenheit. **TO AVOID PERSONAL INJURY**, never place hands inside the appliance unless it is thoroughly cooled.
6. This appliance is **NOT INTENDED FOR USE** by persons with reduced physical, sensory, or mental capabilities or a lack of experience and knowledge unless they are **UNDER THE SUPERVISION** of a responsible person or have been given proper instruction in using the appliance. This appliance is **NOT INTENDED FOR USE** by children.
7. When cooking, **DO NOT PLACE** the appliance against a wall or against other appliances. Leave at least 5 inches of free space on the back and sides and above the appliance. Do not place anything on top of the appliance.
8. **DO NOT PLACE** the appliance on a stove top, even if the stove top is cool.
9. **DO NOT USE** outdoors.
10. **DO NOT USE** this appliance if the plug, the Power Cable, or the appliance itself is damaged in any way. If the power cord is damaged, contact customer service using the contact information on the back of this manual.
11. Keep the appliance and its Power Cable **OUT OF THE REACH** of children when the appliance is in operation or during the cooling process.
12. **KEEP THE POWER CORD AWAY** from hot surfaces. **DO NOT PLUG** in the Power Cable or operate the appliance controls with wet hands.
13. **NEVER CONNECT** this appliance to an external timer switch or separate remote-control system.
14. **NEVER** use with an extension cord. A short power-supply cord (or detachable power-supply cord) is provided to reduce the risk from becoming entangled in or tripping over a longer cord.
15. **DO NOT OPERATE** the appliance on or near combustible materials, such as tablecloths and curtains.
16. **DO NOT USE** the appliance for any purpose other than described in this manual.
17. **NEVER OPERATE** the appliance unattended.
18. **WEAR OVEN MITTS** when handling hot components or touching hot surfaces.
19. Should the appliance emit black smoke, **UNPLUG IMMEDIATELY** and wait for smoking to stop before removing oven contents.
20. Always operate the appliance on a horizontal surface that is level, stable, and noncombustible.
21. This appliance is intended for normal household use only. It is not intended for use in commercial or retail environments.

IMPORTANT SAFEGUARDS

22. If the appliance is used improperly or for professional or semiprofessional purposes or if it is not used according to the instructions in the user manual, the guarantee becomes invalid and Tristar will not be held liable for damages.
23. Always unplug the appliance after use.
24. Let the appliance cool for approximately 30 minutes. before handling, cleaning, or storing.
25. The handle gets very hot. Always use oven mitts.
26. Before using your new appliance on any countertop surface, check with your countertop manufacturer or installer for recommendations about using appliances on your surfaces. Some manufacturers and installers may recommend protecting your surface by placing a hot pad or trivet under the appliance for heat protection. Your manufacturer or installer may recommend that hot pans, pots, or electrical appliances should not be used directly on top of the countertop. If you are unsure, place a trivet or hot pad under the appliance before using it.

SAVE THESE INSTRUCTIONS – FOR HOUSEHOLD USE ONLY.

ELECTRIC POWER

If the electrical circuit is overloaded with other appliances, your new appliance may not operate properly. This appliance should be operated on a dedicated electrical circuit.

SHUT-OFF

You can manually shut off the appliance by pressing the Power Button at any time during cooking.


CAUTION

Do not operate appliance without the Grill or Griddle Plate*.

*May be sold separately

ELECTROMAGNETIC FIELDS

This appliance complies with all standards regarding electromagnetic fields. If handled properly and according to the instructions in this user manual, the appliance is safe to use based on scientific evidence available today.

 **WARNING:**

For California Residents

This product can expose you to Bisphenol A, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

APPLIANCE SPECIFICATIONS

Model Number	Supply Power	Rated Power
GMC01	AC 120V 60Hz	1300W

Parts & Accessories

NOTE: Unpack all listed contents from packaging. Contents vary by model. Please remove any clear or blue protective film on the components before use.

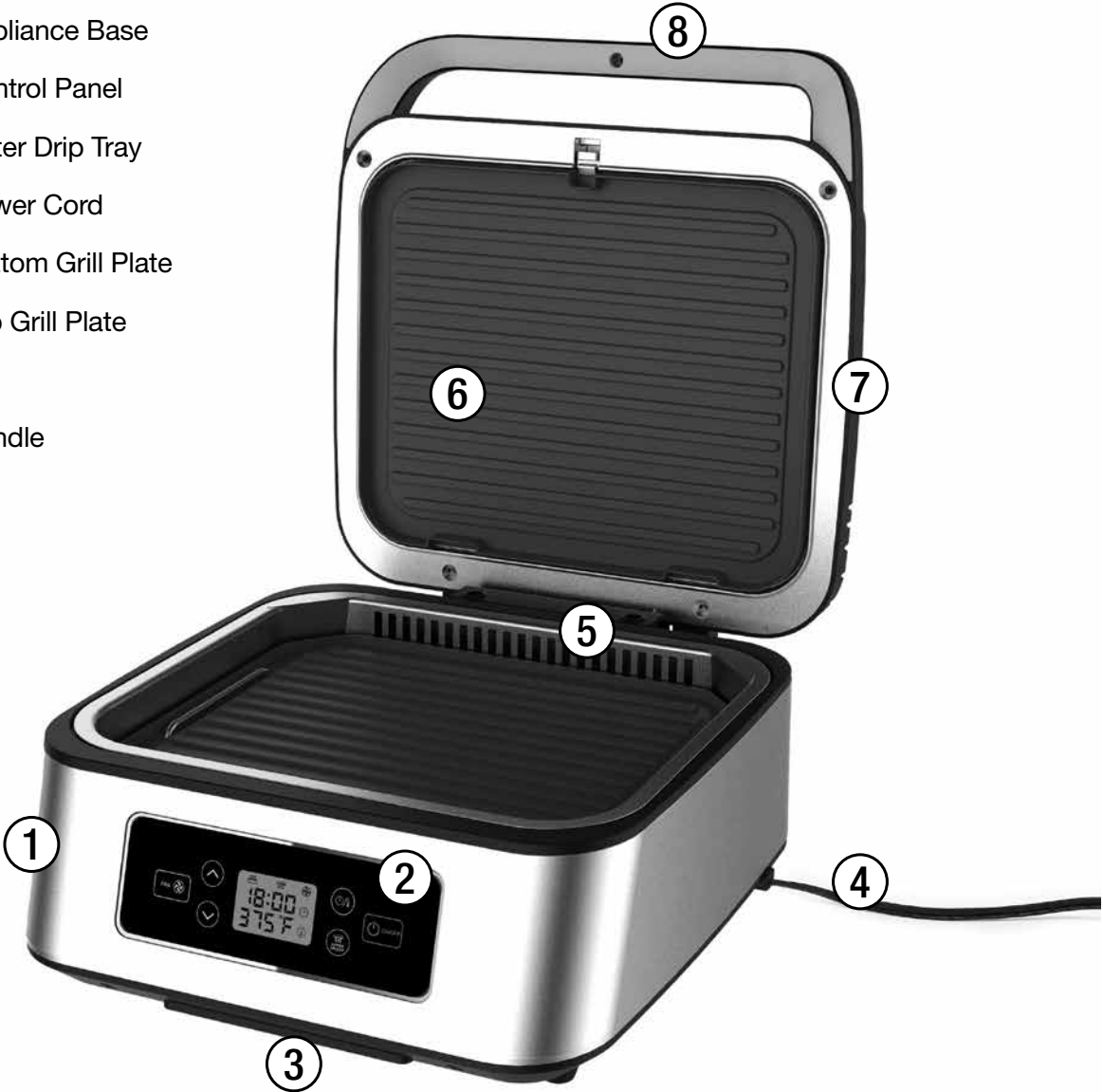


*Griddle Plate may be sold separately.

NOTE: The Top and Bottom Grill Plates are removable. The Top Heating Element is fixed and cannot be removed.

Parts & Accessories

- 1. Appliance Base
- 2. Control Panel
- 3. Outer Drip Tray
- 4. Power Cord
- 5. Bottom Grill Plate
- 6. Top Grill Plate
- 7. Lid
- 8. Handle



NOTE: Ensure that your *Shaq Smokeless Grill & Press* has been shipped with the components that you ordered (some accessories may be sold separately). Check everything carefully before use. If any part is missing or damaged, do not use this product. Contact customer service using the number located in the back of this manual.

CAUTION

Wait for all components to cool thoroughly after use before disassembling. Always handle hot components with oven mitts while cooking.

Using the Control Panel



1. **POWER BUTTON:** Press the Power Button to turn the appliance on. You can press the Power Button at any time during the cooking process to cancel the cooking process.

2. **TIME/TEMPERATURE SELECTION BUTTON:** Press the Time/Temperature Selection Button to switch between adjusting the cooking time and temperature.

3. **TOP HEATING ELEMENT BUTTON:** Press the Top Element Heating Button to turn the Top Heating Element on or off.

4. **LCD DISPLAY:** The LCD Display shows the cooking time and temperature. The icons representing the Bottom Heating Element, Top Heating Element, and the Fan will illuminate when the heating elements or the fan are in use.
5. **TIME/TEMPERATURE ADJUSTMENT BUTTONS:** To adjust the cooking time and temperature, first press the Time/Temperature Selection Button to select either the cooking time or temperature. Then, press the Time/Temperature Adjustment Buttons to raise or lower the cooking time or temperature.

6. **FAN BUTTON:** Press the Fan Button to turn the Fan on or off.

General Operating Instructions

SWITCHING OUT THE GRILL AND GRIDDLE PLATES

To remove the Grill Plate or Griddle Plate from the appliance, open the lid. Use two hands to hold the two metal handles on each side of the plate (see Fig. i). Pull straight upward to remove the plate from the appliance.

NOTE: Let the appliance fully cool down, which can take at least 30 minutes, before switching out the Grill and Griddle Plates.

To attach the new plate, turn the plate so the heating element pattern is aligned to connect to the heating element. Use two hands to hold the two metal handles on each side of the plate. Lay the plate evenly on top of the Bottom Heating Element and let go of the handles. The plate must be snug and locked into place.



Fig.i

REMOVING THE TOP GRILL PLATE

Remove the Top Grill Plate for cleaning or to switch to the Griddle Plate attachment (may be sold separately, see Fig. ii).

1. Push the top buckle down. The Grill Plate will spring open.
2. Pull upward to remove the Grill Plate from the appliance.

INSTALLING THE TOP GRILL PLATE

1. Slide the two bottom Grill Plate grooves into the bottom grooves (see Fig. ii).
2. Press the top Grill Plate groove into the buckle until you hear a click.
3. The plate must be snug and locked into place.



Fig.ii

General Operating Instructions

BEFORE FIRST USE

1. Remove all packing materials, labels, and stickers.

2. Wipe the Grill Plates with a dampened cloth and wipe dry. Remove the Outer Drip Tray from the underside of the Appliance Base and wash the Outer Drip Tray in warm, soapy water using a neutral kitchen detergent. Rinse it under clean running water, dry it with a clean towel, and return it to the Appliance Base. Never wash or submerge the Fan, Top Heating Element, Bottom Heating Element, or Appliance Base in water or liquid of any kind.

3. Finally, heat the appliance for a few minutes to burn off any residue.

USING THE APPLIANCE

Locate the appliance on a dry, level, stable, heat-resistant surface.

1. Ensure that the the Bottom Grill Plate is attached to the appliance above the Bottom Heating Element and that the Top Grill Plate is attached to the Lid.

2. Ensure that the Outer Drip Tray is inside the Appliance Base.

3. Plug the power cord into 120V dedicated outlet.

4. Close the Lid. Set a cooking time and temperature (see the “Using the Control Panel” section). Allow the appliance to preheat. When the appliance has preheated, it will beep and the set cooking time will begin to count down.

5. Use the handle to open the Lid and place your food on the Bottom Grill Plate.
IMPORTANT: Do not use food thicker than 2 inches. Center and align the food for the best results.
6. Close the Lid. The Spring Support will adjust the height of the grill plates to match the size of the food being cooked so that the lid can close completely to trap in heat and smoke. While your food is cooking, periodically check the Outer Drip Tray. If the Outer Drip Tray is full, remove any drippings and return the Outer Drip Tray to the Appliance Base.

7. While your food is cooking, periodically check the food. When your food is done cooking, use a plastic or wooden spatula to transfer the food to a plate or cutting board. DO NOT use a metal spatula, knives, tongs, or other sharp metal utensils because they could damage the nonstick coating on the grill plates.

8. Unplug the appliance and let it cool down before cleaning the appliance (see the “Care & Cleaning” section).

Cooking Guidelines & Tips

TIPS

- Be careful not to transfer germs from raw meat to cooked meat. Use separate utensils and platters for raw and cooked meat.

• When marinating food, always use a tightly covered nonmetal dish and turn the food occasionally. Be sure to refrigerate all meats while marinating.

• If leftover wet marinade is to be used as a sauce with the cooked food, be sure to place it in a small pan and heat to a rolling boil before serving to eliminate bacterial growth.

• Similar to a stove top frying pan, grease from high-fat foods, such as bacon or sausage, may splatter on the countertop. Protect the countertop as necessary.
- Before grilling, partially cook bone-in chicken, ribs, and uncooked smoked or fresh sausages for best results. If not partially cooked, these meats may become overbrowned on the outside before the center is done.

• To prevent scratching the coating, use only nonmetallic utensils. Do not cut food on the Grill or Griddle Plate using sharp utensils, such as forks or knives, that can scratch the cooking surface.

• Do not use steel wool or other metal pads. They could leave coarse scratches. Always rinse thoroughly and dry immediately with a soft towel.

• If food is cooking unevenly, make sure to spread out the food evenly on the grill or griddle plates.

COOKING CHART

Food Item	Time	Internal Temperature	It's Done When
Fish	12–15 mins. (1-in. thick)	145° F/63° C	Opaque/Flaky Texture
Shrimp	2–4 mins. (per side)	145° F/63° C	Opaque & Red Edges
Chicken Drumsticks	30–45 mins.	165° F/74° C	Juice Runs Clear
Chicken Wings	20–25 mins.	165° F/74° C	Juice Runs Clear
Kabobs	12–15 mins.	-	Your Preference
Steak	3–9 mins. (per side)	140° F/60° C–165° F/74° C	Your Preference
Pork Chops	20–25 mins.	155° F/68° C	No Pink Meat
Burgers	10–15 mins.	155° F/68° C	Your Preference
Sausages	15–25 mins.	155° F/68° C	No Pink Meat
Bacon	1–2 mins. (per side)	NA	Crispy

- Use a meat thermometer to check internal meat temperature.

• Cooking times are suggested and will vary depending on the thickness of the food
- and personal preferences. Foods can be grilled at maximum temperature. However, you may wish to reduce the temperature for certain items. Low temperatures will keep foods warm once cooked.

Recipes

GRILLED MARINATED CHICKEN BREASTS

Serves 2

- 2 6-oz chicken breasts
- 2 tbsp. fresh mint, chopped
- 2 cloves garlic, minced
- ¼ tsp. sea salt
- ¼ tsp. ground black pepper
- juice of 1 lemon
- 3 tbsp. extra virgin olive oil

1. Marinate the chicken breasts in a shallow pan with the rest of the ingredients for 2 hours in the refrigerator.
2. Preheat the Shaq Smokeless Grill & Press to 375° F/191° C. When the Grill & Press has preheated, grill the chicken breasts with the lid closed until the internal temperature of the chicken reaches 165° F/74° C (6–8 mins.).
3. Slice the chicken and serve with a salad.

TOMATO & FRESH MOZZARELLA PANINIS

Serves 2

- 2 ciabatta rolls
- 6 slices fresh mozzarella
- 4 slice vine-ripe tomatoes
- 1 roasted red pepper, sliced
- 6 fresh basil leaves
- ½ tsp. balsamic glaze
- 1 tbsp. extra virgin olive oil

1. Preheat the Shaq Smokeless Grill & Press to 350° F/177° C.
2. Assemble the paninis: Slice the rolls in half and layer the mozzarella, tomatoes, and pepper evenly on the bottom half of each roll. Add the fresh basil and a drizzle of the balsamic vinegar and olive oil. Top with the top half of the roll.
3. When the Grill & Press has preheated, grill the paninis with the lid closed until the paninis are crispy and the cheese has melted (about 8 mins).

GRILLED SEASONED STEAKS WITH BLUE CHEESE BUTTER

Serves 2

- 2 12-oz New York strip steaks
- ½ tbsp. sea salt
- ½ tsp. ground black pepper
- ¼ tsp. granulated garlic
- ¼ tsp. granulated onion
- 2 tbsp. olive oil

Compound Butter

- 3 tbsp. butter
- 1 tbsp. blue cheese
- 2 fresh basil leaves, chopped
- ½ tsp. Dijon mustard

1. Preheat the Shaq Smokeless Grill & Press to 450° F/232° C.
2. Rub the steaks with the salt, black pepper, garlic, onion, and olive oil.
3. In a small bowl, mash together the Compound Butter ingredients.
4. When the Grill & Press has preheated, grill the steaks with the lid closed until the desired doneness is reached (6–8 mins. for medium rare).
5. Plate the steaks and top them with the Compound Butter.

Recipes

PATTY MELT PANINIS

Serves 2

- 2 6-oz hamburgers
- 1 small onion, sliced
- 1 tbsp. butter
- 4 slices rye bread
- 8 slices Swiss cheese
- 2 tbsp. margarine

1. Preheat the Shaq Smokeless Grill & Press to 450° F/232°* C.
2. Season the hamburgers with salt and black pepper.
3. When the Grill & Press has preheated, grill the hamburgers with the lid closed until the desired doneness is reached (about 4 mins. for medium).
4. Place a sauté pan on the stove top. Add the onion and butter and cook until the onion has caramelized.
5. When the Grill & Press has cooled enough to clean, clean off the Grill & Press.
6. Preheat the Shaq Smokeless Grill & Press to 350° F/177° C.
7. Assemble the paninis: Butter the outside of the bread slices with the margarine. Place the 2 cheese slices on each sandwich. Top the cheese with some of the onion and a hamburger. Top the hamburgers with 2 more cheese slices.
8. When the Grill & Press has preheated, grill the paninis with the lid closed until the paninis are crispy and the cheese has melted (about 5 mins.).

GRILLED MARINATED SALMON

Serves 2

- 2 6-oz salmon filets
- 1 lemon
- 1 shallot, minced
- 2 tbsp. dill, chopped
- 2 tbsp. olive oil
- 2 tbsp. white wine
- 1 tbsp. soy sauce
- ¼ tsp. ground black pepper

1. Marinate the salmon with the rest of the ingredients for 2 hours in the refrigerator.
2. Preheat the Shaq Smokeless Grill & Press to 375° F/191° C.
3. When the Grill & Press has preheated, remove the salmon from the marinade and grill the salmon with the lid closed until the desired doneness is reached (about 6 minutes).

Troubleshooting, Care & Cleaning

IF YOUR APPLIANCE IS NOT WORKING PROPERLY

- Make sure the Power Cord is plugged into an electrical socket.
- Make sure the Power Cord is properly connected to the Heating Element.
- Make sure you have set the temperature higher than 120° F/49° C.
- The appliance may not be able to draw enough operating power from the outlet. Try switching the Power Cord to an outlet that has no other appliances attached to it.
- If the lid is not forming a good seal, the food may be too thick. The maximum food thickness for the spring mechanism is 2 inches (5 cm). Reduce the food's thickness to create a good smokeless seal.
- If food is undercooked or overcooked, change the cooking time and temperature accordingly.
- If food is cooking unevenly, make sure to spread out the food evenly on the Grill or Griddle Plates.

CARE & CLEANING

- Before cleaning, be sure to unplug the cord from the outlet. If necessary, wipe the cord with a damp cloth.
- Allow the appliance to cool completely before cleaning. Grill Plate, Griddle Plate and Outer Drip Tray can be placed in the bottom rack of the dishwasher or washed by hand. The Appliance Base and Inner Drip Tray can be washed by hand with a warm, damp cloth and mild cleaning liquid. Do not submerge the Appliance Base in water.
- Always be sure to wash the Grill surface after each use to remove any grease that may have accumulated. To keep grease from dripping outside of the base, always ensure that you are using your Grill on a level surface and that the Outer Drip Tray and Inner Drip Tray are completely clear of food particles.
- Do not use scouring pads or harsh cleaners on this unit. If necessary, use a nylon bristle brush or plastic scrubbing pad.
- Any other servicing should be performed by an authorized service representative. Please contact customer service for assistance.



60-DAY MONEY-BACK GUARANTEE

The **Shaq Smokeless Grill & Press** is covered by a 60-day money-back guarantee. If you are not 100% satisfied with your product, return the product and request a replacement product or refund. Proof of purchase is required. Refunds will include the purchase price, less processing and handling. Follow the instructions in the Return Policy below to request a replacement or refund.

Replacement Guarantee Policy

Our products, when purchased from an authorized retailer, include a 1-year replacement guarantee if your product or component part does not perform as expected, the guarantee extends only to the original purchaser and is not transferable. If you experience an issue with one of our products within 1 year of purchase, return the product or the component part for replacement with a functionally equivalent new product or part. The original proof of purchase is required, and you are responsible to pay to return the unit to us. In the event a replacement unit is issued, the guarantee coverage ends six (6) months following the receipt date of the replacement unit or the remainder of the existing guarantee, whichever is later. Tristar reserves the right to replace the unit with one of equal or greater value.

Return Policy

If, for any reason, you would like to replace or return the product under the money-back guarantee, your order number can be used as the return merchandise authorization number (RMA). If the product was purchased in a retail store, return the product to the store or use "RETAIL" as the RMA. Return your product to the address provided below for a replacement, which will incur no additional processing and handling fees, or for the refund of your purchase price, less processing and handling. You are responsible for the cost of returning the product. You can locate your order number at www.customerstatus.com. You can call customer service at 973-287-5113 or email info@tvcustomerinfo.com for any additional questions. Pack the product carefully and include in the package a note with (1) your name, (2) mailing address, (3) phone number, (4) email address, (5) reason for return, and (6) proof of purchase or order number, and (7) specify on the note whether you are requesting a refund or replacement. Write the RMA on the outside of the package.

Send the product to the following return address:

Shaq Smokeless Grill & Press
Tristar Products
500 Returns Road
Wallingford, CT 06495

If the replacement or refund request has not been acknowledged after two weeks, please contact Customer Service at 973-287-5113.

Refund

Refunds requested within the money-back guarantee timeframe will be issued to the payment method used at purchase if the item was purchased directly from Tristar. If the item was purchased from an authorized retailer, proof of purchase is required, and a check will be issued for the item and sales tax amount. Processing and handling fees are non-refundable.

SHAQTM

Smokeless Grill & Press

We are very proud of the design and quality
of our ***Shaq Smokeless Grill & Press.***

This product has been manufactured to the highest standards.
Should you have any questions, our friendly customer service
staff is here to help you.

Visit us at www.TristarCares.com,
email us at customerservice@tristarproductsinc.com,
or call us at **973-287-5113**



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