GLOU-GLOU GOOSE GGG JLP-JKY2401

GLOU-GLOU GOOSE GGG Microwave Grill Pan JLP-JKY2401 Instruction Manual

Introduction

Thank you for choosing the GLOU-GLOU GOOSE GGG Microwave Grill Pan, Model JLP-JKY2401. This innovative cookware is designed to transform your microwave into a versatile cooking appliance, allowing you to grill, brown, and crisp a variety of foods with ease. Its unique design ensures rapid and even heating, delivering delicious results while saving time and effort. Please read this manual thoroughly to ensure safe and optimal use of your new microwave grill pan.

Product Features

- **Heat-Resistant Silicone Cover:** Provides convenience and safety during use, allowing for quick cooking.
- **Non-Stick Coating:** Ensures food releases easily and simplifies cleaning.
- **Food-Grade Silicone:** Guarantees non-toxic, heat-resistant safety for all cooking needs.
- **Crisping Technology:** Specialized grill pan rapidly absorbs microwave energy for even heating and crispy results without a traditional stove or oven.
- **Aluminum-Coated Sheet:** Designed to prevent catching fire in the microwave.
- **Nutrient Retention:** Innovative design helps retain nutrients and flavors.
- **Tempered Glass Lid:** Combines high-quality food-grade silicone and tempered glass with air vents for visibility and steam release.
- **BPA-Free:** Tested by CMA for safety.
- **8 Cooking Modes:** Supports Reheating, Creativity, Baking, Boiling, Frying, Grill, Steaming, and Precision Cooking.



Image: Product features and dimensions, including 1.3 qt capacity, 8-inch diameter, non-stick coating, transparent tempered glass lid, and heat-resistant handle.



Image: The microwave grill pan heats rapidly, reaching 390°F within 60 seconds, ensuring quick cooking.

Setup

1. **Unpacking:** Carefully remove the microwave grill pan and its lid from the packaging.
2. **Initial Cleaning:** Before first use, wash the pan and lid with warm, soapy water. Rinse thoroughly and dry completely.
3. **Placement:** Place the pan directly onto the microwave turntable or a microwave-safe plate. Ensure there is adequate clearance for the turntable to rotate freely.

Operating Instructions

General Use Guidelines

- **Microwave Power:** This pan is suitable for microwave ovens with power ranging from 700W to 1200W. For microwaves with higher wattage, it is recommended to reduce cooking times to prevent overcooking.
- **Preheating:** For best crispy results, preheat the empty pan in the microwave for 2 minutes before adding food.
- **Food Preparation:** Ensure food is thawed if frozen. Dry the surface of food items, especially meats,

to achieve better browning and crisping.

- **Oil Application:** For an enhanced crispy texture, a small amount of cooking oil can be applied to the food surface or the pan.

Cooking Modes and Examples

The GLOU-GLOU GOOSE GGG Microwave Grill Pan supports 8 versatile cooking modes:

- Reheating
- Creativity
- Baking
- Boiling
- Frying
- Grill
- Steaming
- Precision Cooking

Examples of foods that can be prepared:

- **Grilling:** Steaks, lamb chops, bacon, chicken, hot dogs, hamburger patties.
- **Browning/Crisping:** Grilled cheese sandwiches, baked potatoes, reheating leftovers with grill marks.
- **Frying:** Eggs, mushrooms.
- **Steaming:** Vegetables, dumplings (ensure dumplings are thawed and add a little water).

Specific Cooking Tips

- **Steak:** Thaw steak completely. Dry the surface. Preheat the pan for 2 minutes. Adjust cooking time based on microwave power (700W-1200W) and steak thickness (15mm-40mm). Cook to desired doneness.
- **Crispy Texture:** For optimal crispiness, always preheat the empty pan for 2 minutes before adding food.



Image: Grilling various foods like steak, prawns, and vegetables in the microwave grill pan.



Image: Frying different items such as sausages, eggs, and mushrooms using the microwave grill pan.



Image: Browning and crisping foods like grilled cheese, baked potatoes, and pizza in the microwave grill pan.

Video: An overview of the microwave grill pan, detailing its features and benefits for various cooking tasks.

Video: A demonstration of the microwave grill pan in use, showing how it cooks and browns food.

Video: Demonstrating how to cook a cheeseburger using the microwave grill pan, highlighting its browning capabilities.

Maintenance and Cleaning

The GLOU-GLOU GOOSE GGG Microwave Grill Pan is designed for easy cleaning.

- **Hand Washing:** Clean directly with detergent and water using a soft sponge.
- **Dishwasher Safe:** The pan and lid are safe for cleaning in a dishwasher.



Image: The microwave grill pan is easy to clean, either by hand or in a dishwasher.

Troubleshooting

- **Food Not Crisping:** Ensure the pan is preheated for 2 minutes before adding food. Verify that the food surface is dry. Adjust cooking time and microwave power settings as needed.
- **Food Overcooked/Burned:** Reduce cooking time, especially if using a high-wattage microwave (above 1000W). Monitor food closely during cooking.
- **Uneven Cooking:** Ensure food is spread evenly in the pan. If your microwave does not have a rotating turntable, manually rotate the pan halfway through cooking.
- **Lid Not Fitting Properly:** Check for any food debris or misalignment. Ensure the silicone rim is correctly seated.
- **Handles Hot After Cooking:** While designed to be heat-resistant, always use oven mitts or a dish towel when removing the pan from the microwave, especially after prolonged cooking.

Specifications

Brand	GLOU-GLOU GOOSE GGG

Model Name	JLP-JKY2401
Material	Aluminum-coated sheet, Silicone, Tempered Glass
Color	LIGHT GREY (Current Product)
Capacity	1.3 quarts
Special Feature	Includes Lid
Nonstick Coating	Yes
Dishwasher Safe	Yes
Oven Safe	No
Shape	Round

Warranty and Support

GLOU-GLOU GOOSE GGG is committed to providing high-quality products. For any questions, concerns, or support regarding your Microwave Grill Pan, please visit the official GLOU-GLOU GOOSE GGG brand store on Amazon or contact customer service through the retailer where the product was purchased.

Official Brand Store: GLOU-GLOU GOOSE GGG Store