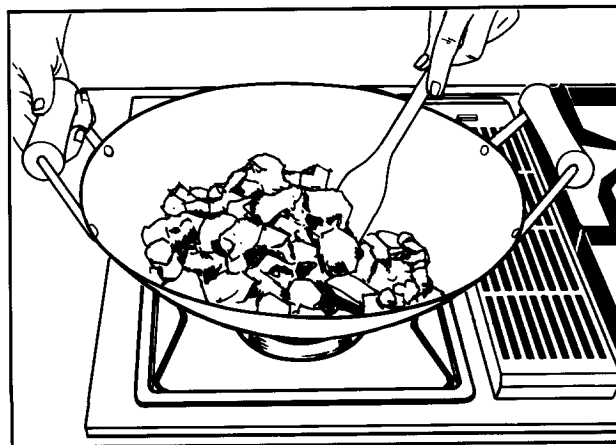
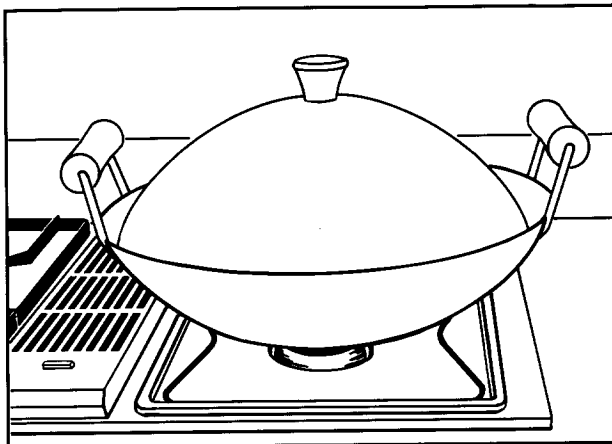




## Use & Care Manual **WOK Accessory**

Model AG340-For Gas Grill-Range Cooktops



# SAFETY PRECAUTIONS

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## Read before operating your WOK

All appliances--regardless of the manufacturer--have the potential through improper or careless use to create safety problems. Therefore the following safety precautions should be observed:

1. Be certain your appliance is properly installed and grounded by a qualified technician.
2. Never use your appliance for warming or heating the room.
3. Children should not be left alone or unattended in area where any appliance is in use. They should never be allowed to sit or stand on any part of the appliance.
4. Wear proper apparel. **Loose-fitting or hanging garments** should never be worn while using the appliance.
5. Do not repair or replace any part of the appliance unless specifically recommended in this manual. All other servicing should be referred to an authorized Jenn-Air Service Contractor.
6. Do not store combustible materials, gasoline or other flammable vapors and liquid near cooktop.
7. Do not use water on grease fires. Smother fire or flame by covering wok with wok lid, turn control off and ventilation system on. Note: A dry chemical or foam type extinguisher may also be used to put out a grease fire.

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8. Use only dry potholders. Moist or damp potholders on hot surfaces may result in burns from steam. Do not use a towel or other bulky cloth.
  9. Exercise care while stir-frying since the necessary high heat will cause a lot of popping and steaming when food is added to the wok.
  10. **CAUTION:** Overheating any oil may cause a fire. If oil smokes, reduce heat.
  11. Remember, the outside of your wok will be HOT, too! Don't wipe it or otherwise touch it with your unprotected hand while it is hot.
  12. Be extremely cautious if you must move the wok while it contains hot liquid.
  13. **CAUTION:** To avoid risk of fire and injury, do not use for deep fat frying.

**NOTE:** For additional safety precautions, please refer to the gas grill-range or grill-range cooktop use and care manual.

# About the Jenn-Air WOK

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The Jenn-Air wok combines the benefits of a centuries old cooking vessel with modern day technology.

The word wok means “cooking vessel”. Originally created by the Chinese to save on fuel (its unique shape heats fast and less energy is needed to maintain a high temperature), the wok has long served as a multi-purpose cooking utensil. The wok can be used instead of many other pans in your kitchen, such as a saucepan or sauté pan. The wok can also be used for preparing foods in ways other than just stir-frying for which it is noted. It can be used for poaching, steaming, braising, stewing, simmering, parboiling, even popping corn.

The Jenn-Air wok was designed with ease of cleaning, fast heating and versatility in mind. By removing the surface burner grate, the wok accessory is easily and quickly assembled for use. The wok cradle holds the wok to keep it from rolling or tipping when in use.

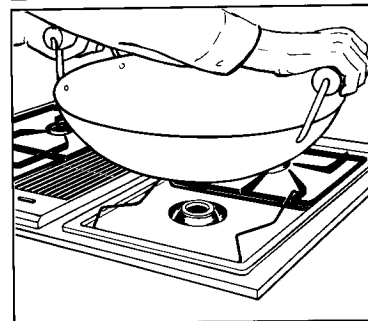
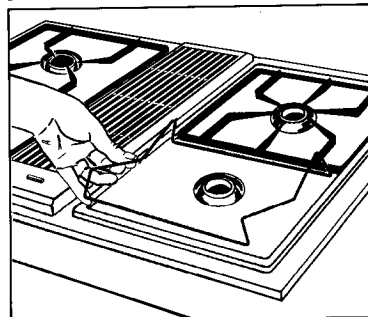
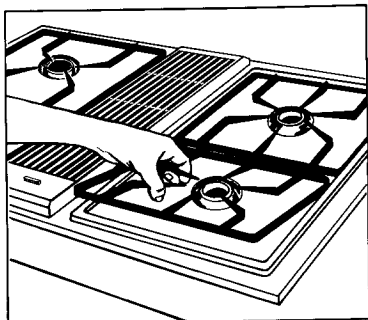
The wok is made from cold rolled carbon steel which is best for providing even, steady, and intense heat. The constant even heat makes possible the very short cooking times so important in Oriental cooking. In the wok, both the flaring sides and the rounded bottom heat up so the entire surface can be used for cooking.

The wok is covered with a hard non-stick finish. The finish eliminates the amount of care required of an unfinished carbon steel wok, such as seasoning. The non-stick finish is easy to clean and will not rust. Foods will heat very quickly from the first day you cook in the wok, and it is not necessary to age the wok. Unlike conventional woks, the wok is cleaned with hot, soapy water.

The wooden handles of the wok eliminate the need for using potholders as when grasping a hot metal wok handle.

# Installing the WOK

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1. Before installing the wok cradle, be certain the control knob is on the **Off** position and the surface burner grate is cool.
2. Remove the surface burner grate from the cooktop. *Leave the aeration tray in the cooktop.*
3. Place the wok cradle on the aeration tray.
4. Place wok on the wok cradle.
5. Use the control knob to control the heat to the wok. The following temperature settings are suggested for the various cooking methods. The actual control setting that provides the best results may be different from the suggested settings. Various factors, such as gas pressure, food load and temperature, will affect the control setting.
  - Stir-frying: **Hi**.
  - Steaming: **Hi** to bring water to boil; reduce to setting **Med** to maintain steam.
  - Braising: **Hi** to brown meat; reduce to setting **Lo** for long term simmering and stewing.

**Note:** Use the wok on the right side of the cooktop for the best results.

# Caring for the WOK

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The nonstick finish, which does not need seasoning, eliminates the special care necessary with traditional woks. There are a few tips that should be followed in order to preserve the beauty of the finish.

- Before using the wok the first time, wash the wok in hot, soapy water. *Rinse and dry thoroughly.*
- Do not season the wok according to procedures given for unfinished steel woks. Doing so may reduce the wok's cleanability and non-stick characteristics.
- To clean the wok after use, wash with hot, soapy water or let soak until food particles can be easily removed with a sponge or cloth. A plastic scrubber, Bon Ami or other nonabrasive cleaners can be used for difficult to remove residue. Be sure wok is clean; tiny food particles may adhere to the finish.
- Evaporation of water during steaming leaves mineral deposit in wok which can be removed with hot soapy water and plastic scrubber. If the wok's finish is discolored by mineral deposits, the appearance can be restored by applying a thin coating of vegetable oil to the wok.
- Do not use abrasive cleaners or scrubbers not recommended for use on nonstick finishes, such as Scotch Brite, since these may damage the finish.
- For built-up residue or tacky surface, *scrub very lightly with soapy S.O.S. pad.* This will not only remove the residue, but may also remove or damage the finish.
- Do not soak wood handles in water.
- *Rinse and dry the wok thoroughly.*
- The wok cradle can be removed for storage once it has cooled. To clean, wash with hot soapy water. Rinse and dry thoroughly.
- To clean the lid, wash in hot, soapy water. Dry thoroughly. Do not allow the wooden knob of the lid to soak in water.
- Do not wash the lid or the wok in dishwasher since drying heat can ruin the wood handles and knob and adversely affect the wok finish.
- To preserve the interior wok finish, *use only the bamboo rice paddles packaged with the wok or other non-metallic cooking utensils when stir-frying.* Do not use metallic spatulas, etc., for they will chip, scratch and eventually remove the wok finish. Although this will not interfere with the performance of the wok, it will affect its appearance. The wok also may rust where the finish is removed exposing the bare steel. If rusting occurs, oil lightly with vegetable oil.
- When storing the wok, be certain all parts are completely dry.

# Effciency of the WOK

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Due to the design of the Jenn-Air wok and wok cradle, the wok heats very fast, more so than with other utensils used. *For this reason, never leave the wok unattended while using it* (the only possible exception is when food is being steamed and water is simmering, but be sure to periodically check the water level in the wok).

*Once oil is added to the wok for stir-frying or browning, do not heat the wok for more than two minutes before adding food to the wok.* Overheating any oil can cause a fire. If the oil begins to smoke, immediately reduce the heat control setting.

In the event a fire should occur, smother the flames with the wok lid, turn the heating control off, then turn the ventilation system on. Let the wok cool down before removing the cover.

**CAUTION: DO NOT HEAT AN EMPTY WOK.** If you do, the finish can be permanently damaged. Deterioration of finish begins after the empty wok has been heated on Hi after about two minutes. Finish deterioration will not affect the wok's performance, just its appearance.

## Using the WOK

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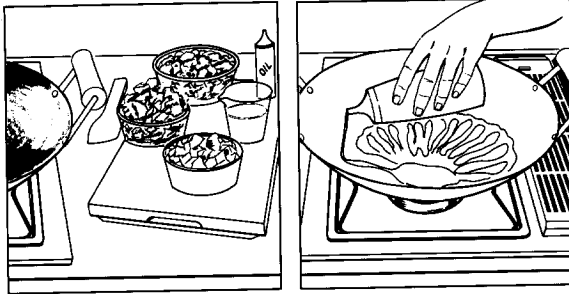
The wok can be used for many different cooking methods, these being limited only by your imagination.

Basic suggestions and tips for stir-frying, steaming and braising (or stewing) are given in this manual.

The recipes provided are just to whet your appetite. There are numerous excellent cookbooks on wok and Oriental cooking which can add to your enjoyment of this accessory.

# Stir-Frying

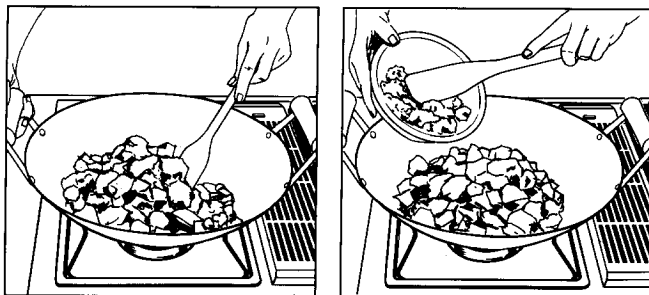
This method of cooking was developed by the Chinese as a practical solution to the scarcity of fuel. Stir-frying is quick cooking, stirring and tossing of foods in a small amount of oil over very high heat. Foods are not fried but are actually flash-cooked or toss-cooked. The quick searing maintains the crispness and texture of vegetables and sears in the juices of meat. The use of little oil is good for dieters. Although the cooking method is uniquely Chinese, it is easily adaptable to many different foods.



## To Stir-Fry:

1. Prepare all recipe ingredients first. Line up all the ingredients on the counter in the order they are to be added to the wok before commencing to cook. Usually meat is cooked first. Vegetables are cooked next with the most dense being cooked first.
2. Place clean, dry wok on wok cradle. Ring the wok with a necklace of oil about half way down the wok. About 1 to 2 tablespoons of oil are needed for a pound of cut-up vegetables or meat. Turn control knob to **Hi**. Heat the wok for about 2 minutes. **CAUTION:** Set a minute timer. Do not heat the wok for more than two minutes.
3. The oil should be heated until it is hot enough to ripple when the wok is tilted from side to side. *The oil should be hot, but not sizzling or smoking.* **CAUTION:** Overheating any oil may cause a fire. *If oil smokes, reduce heat control setting.* Do not leave wok unattended while using.
4. If desired, add a hint of flavor to oil by adding thin slices of seasonings such as fresh garlic or gingerroot. Using the bamboo rice paddles, stir and toss until the seasoning is browned. Remove seasoning before stir-frying if desired.
5. Add meat, if used. If more than one pound is being cooked, add in batches. Do not cook more than one pound of meat or shellfish at a time or it will stew in its own juices. Stir and toss the meat until all pieces have come in contact with the hot wok and are lightly browned and almost done. Remove cooked meat from wok and set aside; add more oil if needed to cook additional batches.



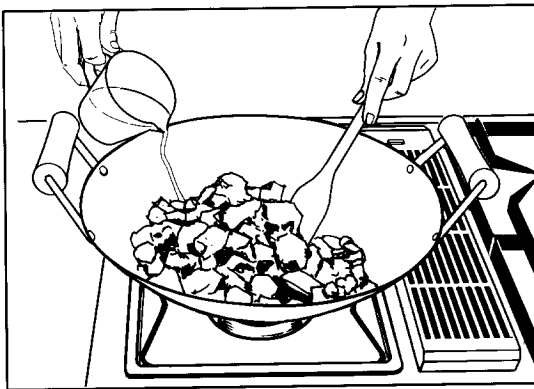


6. Add more oil if needed. When the oil is hot, add the vegetables. If more than one type of vegetable is being cooked, start with those that take the longest to cook. With the rice paddles, stir-fry vegetables, coating them with oil. For vegetables that require more cooking (dense fibrous vegetables such as carrots, broccoli or asparagus) add a little water to wok, cover, and steam until tender. Remove cooked vegetables and add other vegetables as recipe states or in accordance to their cooking time. Stir-fry after each addition until all vegetables are tender-crisp.
7. Return cooked meat and vegetables to wok. Add sauce, if used. Stir and cook food until liquid boils and thickens. Remove from wok and serve.

## Tips:

- The key to stir-frying is having everything ready before cooking begins. Cooking time is so short there is little time to look for or prepare ingredients.
- Read recipe instructions carefully before beginning.
- All ingredients should be as uniform in size and shape as possible for quick, even cooking.
- Foods that are cut in thin, small pieces will cook more quickly and will retain their natural texture, color and flavor.
- Cut fibrous vegetables such as celery and broccoli and meats such as flank steak into diagonal slices. This helps tenderize them as well as expose the maximum food surface to the heated wok during cooking.
- Cut less fibrous vegetables into wafer thin slices or dice.
- To steam stir-fried vegetables, stir-fry 30 seconds then add 1 tablespoon water; cover wok with lid; steam for 60 seconds after steam comes from around lid.
- Meats for stir-frying should be ground or cut in thin strips.
- Meat will slice more easily if partially frozen. To partially freeze a one-inch slice of meat, place in the freezer for 45 to 60 minutes.

- Peanut oil is the best for stir-frying since it can be heated to a high temperature without smoking. Its bland taste does not overpower the flavor of the food.
- Do not substitute solid shortening, butter or margarine for oil.
- If it is necessary to add more oil to the wok (if meat sticks to the pan while cooking it) let oil flow down the side of the wok so that fresh oil is warmed by the time it hits the meat.
- A plastic condiment bottle with a spout makes it easy to ring the wok with oil.
- Use the two bamboo rice paddles (a right and left-hand version) included with the wok accessory, together for ease in tossing and stirring foods. Lift food from the surface of the wok and drop back in with a tossing movement.
- If food is added in stages and additional oil is added, be sure oil is hot before adding the next ingredient.
- Stir and toss the food rapidly and constantly and it will be practically impossible to burn the food. All stir-frying should be done at the highest heat possible. There should be loud cracking, hissing and popping as food is added. Exercise care when adding foods, particularly frozen stir-fry vegetables.
- If a sauce is added to the food just before serving to thicken and flavor the food, pour liquid down the side of the wok, not directly into the food. This way, the sauce is hot by the time it reaches the food. Another method is to push the food away from the center of the wok. Add sauce, let bubble slightly before stirring in food. Warming the liquid before other foods are added does not slow down or stop the cooking process.

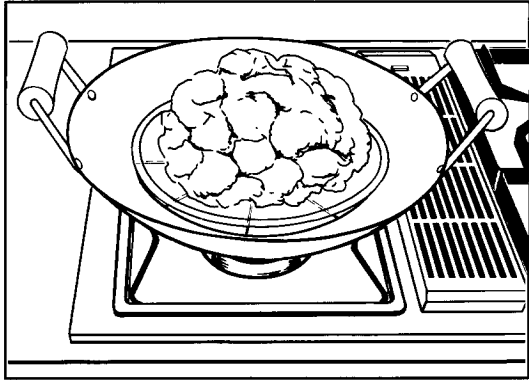


- All the seasoning of stir-fry dishes is done in the kitchen by the cook.
- Undercook everything. Since the wok is very hot, the degree of doneness of ingredients can be deceptive.
- Serve the finished dish immediately.

# Steaming

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The wok's unique ability to retain high heat makes it useful as a steamer. Foods do not dry out when steamed and they retain their color, flavor, and are juicy. Flavors of food mingle more completely. For diet conscious cooks, little fat, if any, is used and vitamin and mineral loss is minimal. A wide variety of foods including seafood, poultry, vegetables, desserts, and breads can be steamed. Even leftovers can be reheated. Foods will cook in steam as fast as in simmering water and with less flavor loss.



## To Steam:

1. Add from 2 to 2 1/2 cups of hot water to wok.
2. Place steamer rack over water. Rack should be positioned so that cut edge of spokes face up; this eliminates the possibility of spokes scratching finish. Rack should not touch water.
3. Cover wok, turn heat control to **Hi** and bring water to a boil (about 4 to 5 minutes).
4. Once water is boiling, carefully lift lid (open away from you to prevent burst of steam in face), add food to wok. Foods can be placed directly on the metal steamer rack or in a shallow plate which is then set on the rack. If a utensil or plate is used, be sure it does not cover the entire steaming rack; allow room for steam to circulate. A clear utensil has the advantage of allowing you to watch water level in wok.
5. Cover wok. Reduce heat setting to **Med** to maintain steam. Keep at least an inch or more of water boiling under rack.
6. Steam for time in recipe or the same amount of time for foods simmered in water.
7. For long term steaming, check the water level occasionally to be sure wok doesn't dry out. Add boiling water as needed. **IMPORTANT:** Do not let wok continue to heat without water; this can ruin the finish.

## Tips:

- To flavor food, sprinkle with herbs and spices or surround food with slices of onion or lemon .
- When using the metal lid, drops of water may form on it. Lay a piece of wax paper or foil loosely over certain foods, such as vegetables, custards, desserts, or breads, to prevent condensation from falling onto foods.
- Use the lid that comes with the wok for steaming. Bamboo baskets that stack are available at many cooking specialty shops and department stores. These can be used when different layers of foods are being steamed at one time. If several baskets are used, use the bamboo lid since it minimizes condensation. The wok lid can be used, but be sure to place waxed paper or foil over food in top basket that is being steamed.
- While food is steaming, do not lift the lid often since this slows or stops the cooking process when steam is allowed to escape.
- At end of the steaming time, turn the control off. Carefully remove the lid away from you. Remember, steam causes severe burns.
- Carefully remove food from steaming rack with two large spatulas, mitt or potholders. When removing a hot dish from the steamer, exercise care. Do not allow hot pads to soak up water. Three-pronged steamer dish retrievers are useful for removing hot dishes.

