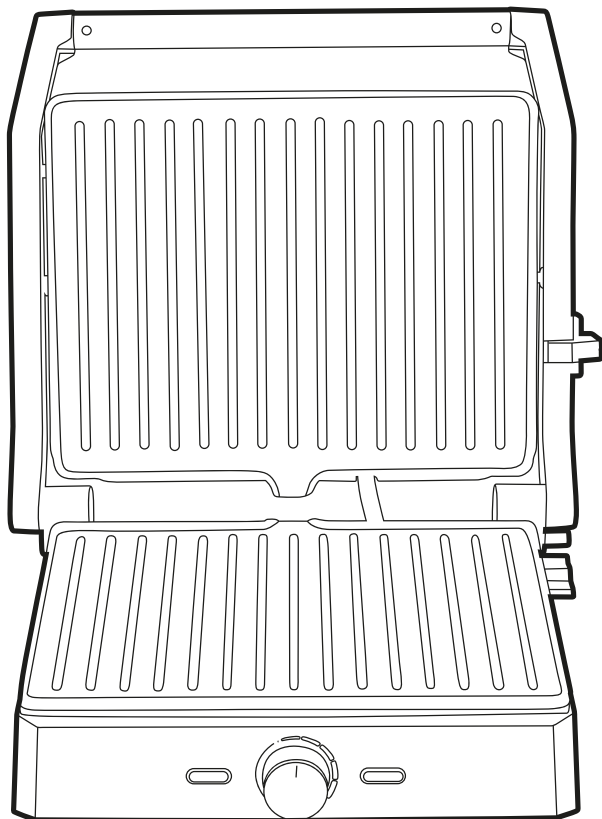


User manual

Health grill



Important safety

Please read carefully

Please retain instructions for future reference.

SAFETY INSTRUCTIONS

- When using electrical appliances, basic safety precautions should always be followed.
- Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities and knowledge, if they have been supervised/instructed and understand the hazards involved.
- Children shall not play with the appliance.
- Children should not perform cleaning or user maintenance, unless they are older than 8 and supervised.
- This appliance is not a toy.
- If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, cease using the product immediately to avoid potential injury.
- This appliance contains no user serviceable parts, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.
- Keep the appliance and its power supply cord out of the reach of children.
- Keep the appliance out of the reach of children when it is switched on or cooling down.
- Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.
- Keep the power supply cord away from any parts of the appliance that may become hot during use.
- Keep the appliance away from other heat emitting appliances.
- Do not allow the power supply cord to hang over worktops, touch hot surfaces or become twisted.
- Do not immerse the electrical components of the appliance in water or any other liquid.
- Do not operate the appliance with wet hands or if any connections are wet.
- If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. Do not reach into the water.
- Do not leave the appliance unattended whilst connected to the mains power supply.
- Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.
- Do not pull or carry the appliance by its power supply cord.
- Do not use the appliance for anything other than its intended use.
- Do not use any accessories other than those supplied.
- Do not use this appliance outdoors.
- Do not store the appliance in direct sunlight or in high humidity conditions.
- Do not move the appliance whilst it is in use.
- Always unplug the appliance after use and allow it to cool fully before any cleaning, user maintenance or storing away.
- Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.
- This appliance should not be operated by means of an external timer or separate remote control system.
- Use of an extension cord with the appliance is not recommended.
- This appliance is intended for domestic use only. It should not be used for commercial purposes.

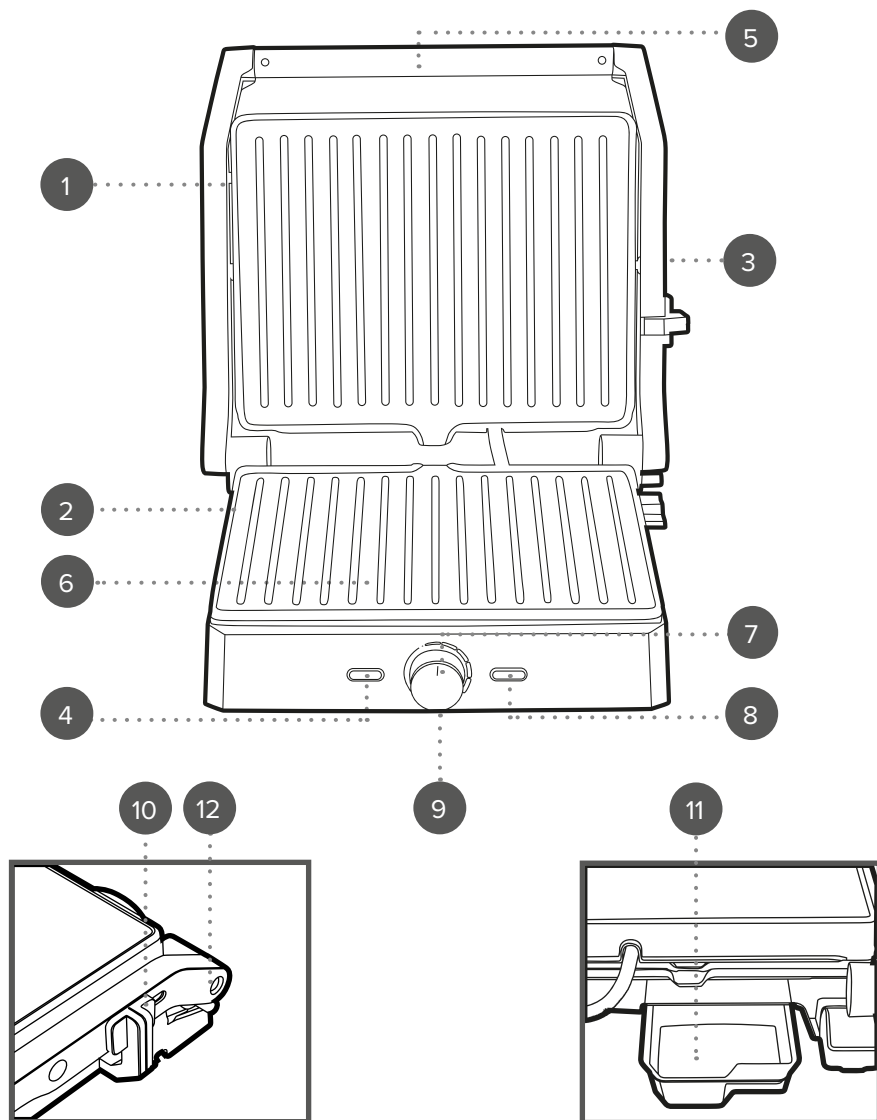


CAUTION: Hot surface – do not touch hot sections or heating components of the appliance.



WARNING: Keep the appliance away from flammable materials.

Description of parts



1. Upper housing
2. Lower housing
3. Grill main unit
4. Red power indicator light
5. Handle
6. Non-stick coated cooking plates

7. Temperature control dial
8. Green ready indicator light
9. Angle adjustment feet
10. 180° locking button
11. Drip tray
12. Lock and lift lever

Please retain instructions for future reference.

Care and maintenance

Before attempting any cleaning or maintenance, unplug the grill from the mains power supply and allow to cool fully.

STEP 1: Use the angle adjustment feet to channel any excess oil into the drip tray.

STEP 2: Wipe the grill housing with a soft, damp cloth and dry thoroughly.

STEP 3: Remove baked-on food by applying a small amount of warm water mixed with a mild detergent to the non-stick plates, then wipe them clean with a paper towel. Use a nonabrasive scourer if the food is difficult to remove.

Never use harsh or abrasive cleaning detergents or scourers to clean the grill or its accessories, as this could damage the surface.



NOTE: The grill should be cleaned after each use.



WARNING: The drip tray will gather oil and fat, which may still be hot after use. Allow it to cool fully before carefully removing the drip tray for cleaning.

Instructions for use

Before first use

Before connecting to the mains power supply, clean the grill following the instructions in the section entitled '**Care and maintenance**'.



NOTE: When using the grill for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the grill.

Cooking chart

Ingredient	Approx. amount	Temperature	Approx. cooking time (mins)
Thin steak	200 g	Med-high	9
Bacon	4 strips	High	10
Turkey	2 fillets	High	17
Salmon	2 fillets	High	15
Halloumi	4 slices	Med-high	10
Aubergine	100 g, sliced	Med-high	18
Mushrooms	225 g, quartered	High	10

Using the grill

STEP 1: Position the drip tray underneath the end of the oil channel.

STEP 2: Prepare the ingredients that are to be grilled.

STEP 3: Plug in and switch on the grill at the mains power supply, making sure that the temperature control dial is set to the 'off' position. The red power indicator light will illuminate, signalling that the grill has been switched on.

STEP 4: Select the required temperature; the green ready indicator light will turn on, signalling that the grill is heating up.

STEP 5: Preheat the grill for approx. 2–5 minutes. The green ready indicator light will switch off once the required temperature has been reached.

STEP 6: Place the prepared ingredients onto the lower cooking plate and then close the lid. Depending on the size of panini or other cooking ingredients the lock and lift lever can be used to raise the grill to better fit the ingredients.

STEP 7: If using the grill as a griddle plate, push the 180° locking button in and open the grill so that it lies flat. Place the prepared ingredients onto the cooking plates and begin cooking. If only one cooking plate is needed, make sure that the lower non-stick plate is used for optimum cooking performance.

STEP 8: Once cooking is complete, carefully open the lid (if required) and remove the food with a heat-resistant plastic or wooden spatula.

STEP 9: Turn the temperature control dial to the off position, then switch off and unplug the grill from the mains power supply.

STEP 10: Leave the lid open and allow to cool.

STEP 11: Use the angle adjustment feet to channel any excess oil into the drip tray.



NOTE: Always preheat the non-stick plates before starting to cook. During use, the green ready indicator will cycle on and off to signal that the grill is maintaining temperature. To prolong the life of the non-stick coating, carefully apply a thin coat of cooking oil to the non-stick cooking plates, rubbing it in gently with a paper towel. Using the grill as a griddle plate will increase the amount of runoff; empty the drip tray regularly to prevent it from overflowing.



CAUTION: The non-stick plates get very hot during use; always use heat-resistant gloves to avoid injury. The angle adjustment feet will channel any excess oil into the drip tray. This can get very hot; always use heat-resistant gloves to avoid injury. Take care when placing food onto the non-stick plates, as fatty, oily or wet ingredients may create splashback, which could cause injury.



WARNING: Exercise caution during cooking; the grill will emit steam.

Storage

Check that the grill is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the grill; wrap it loosely to avoid causing damage.

Specifications

Product code: EK5857

Input: 220–240 V ~ 50–60 Hz

Output: 2000 W



RECIPES

Rosemary shrimp skewers with rocket and white bean salad

Skewers are required for this recipe.

Ingredients

680 g large shrimps, shelled and cleaned with tails on

Skewers

For the marinade

3 garlic cloves, crushed

3 tbsp extra virgin olive oil

3 tbsp lemon juice

2 tsp fresh rosemary, finely chopped

Salt and pepper, to taste

For the salad

425 g cannellini beans, rinsed and drained

142 g baby rocket

1 garlic clove, minced

½ small red onion, thinly sliced

2 tsp lemon juice

1 tsp extra virgin olive oil

Pinch of sugar

Salt and pepper, to taste

Method

Combine the olive oil, lemon juice, crushed garlic cloves and rosemary in a large bowl or sealable container; season to taste with the salt and pepper.

Add the shrimps to the mixture and coat thoroughly in the marinade. Seal the bowl with shrink wrap or the lid of the container and refrigerate for approx. 15 minutes.

Preheat the grill once the shrimps are marinated.

Thread the shrimps onto the skewers.

Place the loaded skewers onto the lower non-stick plate, close the lid and cook for approx. 3 minutes, until the shrimps are pink.

Whilst the shrimps are cooking, create the salad by mixing the minced garlic, sugar, olive oil, lemon juice, salt and pepper in a large bowl. Add the rocket, cannellini beans, and onion; toss to combine.

Serve the salad on one side of a large platter and arrange the shrimp skewers alongside to serve.

Grilled chicken with mozzarella

Ingredients

4 boneless chicken breasts
8 slices mozzarella
4 tomatoes, sliced
3 tbsp olive oil
2 tsp fresh rosemary, chopped
½ tsp garlic powder
¼ tsp salt
¼ tsp black pepper
Basil to garnish

Method

Open the grill so that it lies flat and then preheat. Slit each of the chicken breasts horizontally to make a pocket and then fill with the sliced tomato and mozzarella.

Brush the chicken breasts with olive oil and season with salt, pepper, rosemary and garlic powder.

Place the chicken breasts onto the lightly oiled non-stick plates and cook for approx. 9 minutes per side or until the juices run clear and the chicken is cooked thoroughly. Remove from the grill and arrange on serving plates.

Garnish with basil.

Chicken quesadillas

Ingredients

2 flour tortillas
80 g cooked chicken, shredded (or turkey, if preferred)
10 g butter, melted
4 spring onions, finely chopped
1 small finely chopped red chilli pepper
2 tbsp grated cheddar
1 tbsp pitted black olives, finely chopped
Salt and pepper

Method

Coat one side of each tortilla with a little melted butter.

Preheat the grill.

Place all of the other ingredients, except the tortillas and 5 g butter, into a bowl and mix well.

Season with salt and pepper, to taste and divide the mixture equally between the 2 tortillas.

Fold each tortilla in half and lightly brush with the remaining butter.

Place the tortillas onto the lower non-stick plate, close the lid and cook for approx. 6 minutes or until the chicken is hot, the cheese has melted and the tortillas are lightly golden brown and crispy.

Serve warm with salsa or salad.

Home-made beef burgers

Ingredients

350 g freshly ground beef
1 egg
1 tsp dried mixed herbs (thyme and oregano)
Salt and freshly ground black pepper

Method

Preheat the grill.

Mix the beef and herbs together in a mixing bowl, add the egg and season well.

Divide into 2 portions and shape into burgers. Place the burgers onto the lower non-stick plate, close the lid and cook for approx. 7–9 minutes or until thoroughly cooked and browned.

Serve in burger buns with relish and salad.



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