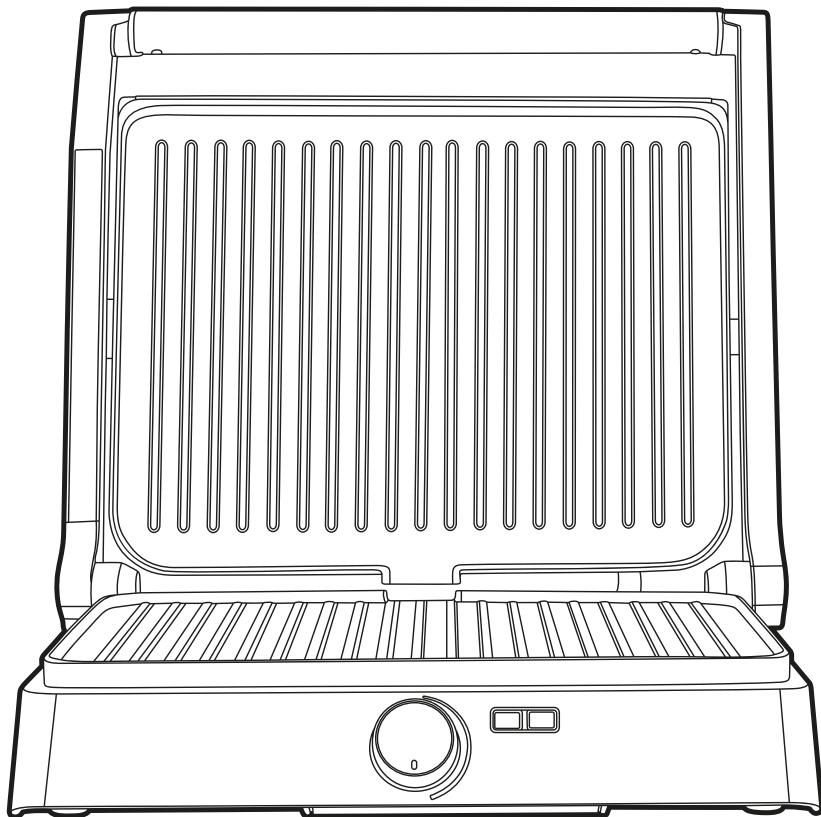
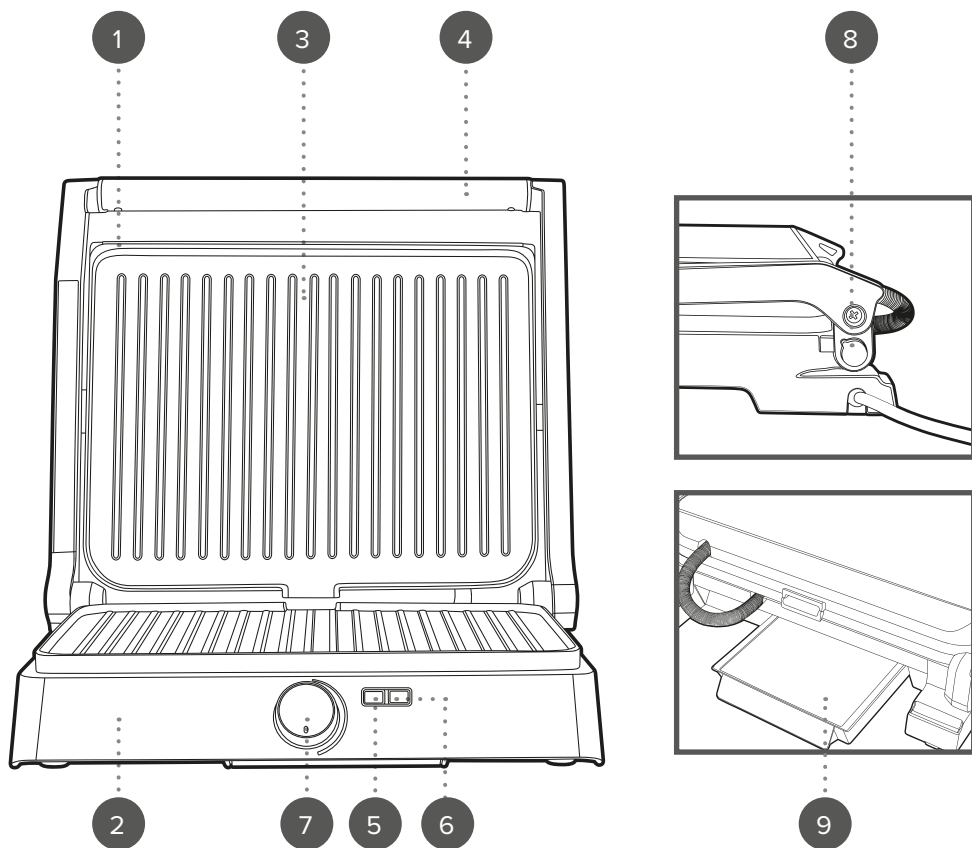


User manual

Grill



Description of parts



- | | |
|------------------------------------|--------------------------------|
| 1. Upper housing | 6. Green ready indicator light |
| 2. Lower housing | 7. Temperature control dial |
| 3. Non-stick coated cooking plates | 8. 180° locking catch |
| 4. Stainless steel handle | 9. Drip tray |
| 5. Red power indicator light | |

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.

Care and maintenance

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

STEP 1: Wipe the health grill housing with a soft, damp cloth and dry thoroughly.

STEP 2: Clean the accessories in warm, soapy water, then rinse 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 cooking 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 health grill or its accessories, as this could damage the surface.



NOTE: The health 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 fully cool before carefully removing the drip tray for cleaning.

Instructions for use

Before first use

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



NOTE: When using the health 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 health grill.

Using the health grill

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

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

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

STEP 4: Select the required temperature by turning the temperature control dial in a clockwise direction; the green ready indicator light will turn on, signalling that the health grill is heating up.

STEP 5: Preheat the health grill for approx. 5–8 mins. The green ready indicator light will turn off once the required temperature has been reached.

STEP 6: When using as a panini maker/health grill. Place the prepared ingredients onto the lower non-stick coated cooking plate and then close the lid.

If using the health grill as a griddle plate, push the 180° locking catch upwards and open the health grill so that it lies flat. Place the prepared ingredients onto the cooking plates. If only one cooking plate is needed, use the lower non-stick coated cooking plate for optimum cooking performance.

STEP 7: Cook for approx. 3–8 mins, depending upon the type of ingredients and the temperature used.

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 in an anticlockwise direction to the '0' position, then switch off and unplug the health grill from the mains power supply.

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

STEP 11: Use a heat-resistant plastic or wooden spatula to channel any excess oil into the drip tray.



NOTE: Always preheat the health grill before starting to cook. Carefully apply a thin coat of cooking oil to the non-stick coated cooking plates, rubbing it in with a paper towel. This will help to prolong the life of the non-stick coating. During use the green ready indicator will cycle on and off to signal that the health grill is maintaining the selected temperature. Using the health grill as a griddle plate will increase the amount of runoff; exercise caution and 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. 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 health grill will emit steam.

Storage

Check that the health grill is cool, clean and dry before storing in a cool, dry place.

Never wrap the cord tightly around the health grill; wrap it loosely to avoid causing damage.

Specifications

Product code: EK4076

Input: 220–240 V ~ 50/60 Hz

Output: 2200 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

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 container and refrigerate for approx. 15 mins.

Preheat the health 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 mins, 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.

Tikka-style fish

Ingredients

2 900 g whole sea bream, red snapper or 6 fish steaks, tuna or similar

4 garlic cloves, finely grated or crushed

6 tbsp plain yoghurt

2 tbsp finely grated fresh root ginger
3 tsp cumin seeds
2 tsp turmeric
2 tsp mild chilli powder
2 tbsp olive oil
Salt, to taste

Method

If using whole fish, score the skin on each side. Combine the ginger and garlic, season with salt and then rub all over the fish.

Mix the yoghurt with the oil, spices and seasoning. Coat the fish inside and out with the mixture, then refrigerate until ready to cook.

Preheat the health grill before cooking.

Place the fish onto the lower non-stick plate, close the lid and cook for approx. 4–5 mins, until the fish is cooked (cooking times will need to be reduced to approx. 3–4 mins for tuna or similar fish).

Serve with a fresh, crispy salad.

Grilled chicken with mozzarella cheese

Ingredients

4 boneless chicken breasts
8 slices mozzarella
4 tomatoes, sliced
2 tsp fresh rosemary, chopped
½ tsp garlic powder
Basil to garnish
Salt, to taste
Pepper, to taste
Olive oil

Method

Open the health 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 cheese.

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 mins per side or until the juices run clear and the chicken is cooked thoroughly.

Remove from the health 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 cheese
1 tbsp pitted black olives, finely chopped
Salt and pepper, to taste

Method

Coat one side of each tortilla with a little melted butter. Preheat the health 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 and close the lid. Cook for approx. 6 mins or until the chicken is hot, the cheese has melted and the tortillas are golden brown and crispy.

Serve warm with salsa or salad.

Home-made beef burgers

Ingredients

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

Method

Preheat the health grill.

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

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 mins or until thoroughly cooked and browned.

Serve in burger buns with relish and salad.



Disposal of Waste Batteries and Electrical and Electronic Equipment



This product is labelled with this crossed out wheel bin symbol in accordance with European Directive 2012/19/EC to indicate that it must not be disposed of with your other household waste. Due to the presence of hazardous substances, mixtures or components, electrical and electronic devices that are not subject to selective sorting are potentially dangerous to the environment and human health. Please check your local city office or waste disposal service for the return and recycling of this product.

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Ultimate Products Europe Ltd.,
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