



180° duo health grill

Instruction Manual



Item No. 34350

BEFORE FIRST USE

- Read all instructions carefully and keep them for future reference.
- Remove all packaging
- Clean the Cooking Plates by wiping a sponge or cloth dampened in warm water.

DO NOT IMMERSE THE UNIT AND DO NOT RUN WATER DIRECTLY ONTO THE COOKING SURFACES.

- Dry with a cloth or paper towel.
- For best results, lightly coat the cooking plates with a little cooking oil or cooking spray.

NOTICE: WHEN YOUR GRILL IS HEATED FOR THE FIRST TIME, IT MAY EMIT SLIGHT SMOKE OR ODOR. THIS IS NORMAL WITH MANY HEATING APPLIANCES. THIS DOES NOT AFFECT THE SAFETY OF YOUR APPLIANCE.

HOW TO USE

Before using the appliance for the first time, peel off any promotional materials and packaging materials, and check that the cooking plates are clean and free of dust. If necessary, wipe over with a damp cloth. For best results, pour a teaspoon of vegetable oil on to the non-stick plates. Spread over with an absorbent kitchen towel and wipe off any excess oil.

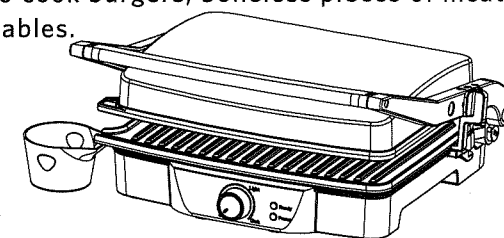
PREPARING YOUR GRILL

1. Close the grill and plug into a suitable mains outlet wall socket.
2. A red indicator light (9) will come on indicating your appliance is connected and heating up.
3. Set the thermostat dial (10) to your desired setting. Please note settings operate between maximum and minimum.
4. When you have chosen your desired setting the green indicator light (8) will come on indicating your grill has begun its pre heating stage.
5. See pages 5, 6 and 7 for your cooking options.

COOKING

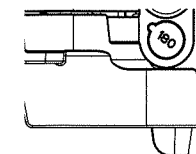
TO USE AS A CONTACT GRILL

- Set the Grill temperature control to your desired setting.
- Prepare the burgers, boneless pieces of meat and thin cuts of meat or other foods as directed and place it onto the bottom cooking plate.
- Close the top cooking plate which has a floating hinge that is designed to evenly press down on the food. The top plate must be fully lowered to achieve Grill marks on the selected foods.
- When the food is cooked use the handle to open the lid. Remove the food with the help of a plastic spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating of the cook plates.
- Use the Grill as a contact grill to cook burgers, boneless pieces of meat and thin cuts of meat and vegetables.
- Use the Grill as a contact grill when you want to cook something in a short amount of time or when you are looking for a healthy method of grilling. When cooked on the contact grill, food will cook quickly because you are grilling both sides of the food at the same time. The ribs on the grill plates combined with the grease spout at the corner of the plate allow the grease to drip from the meat and drain off the plates.



USING THE EXTENDABLE FEET

- In cooking, for better drainage of fat, you can open the extendable feet at the base on one side to give the grill a slight slant.



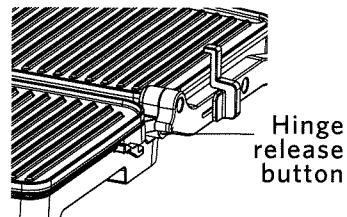
Slant device

TO USE AS PRESS GRILL

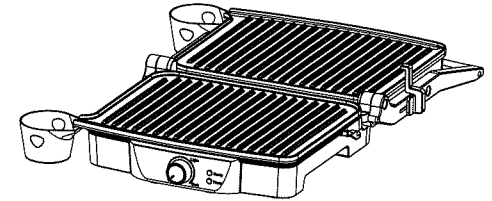
- Prepare the sandwiches as directed and place it onto the bottom cooking plate. Always place sandwiches towards the rear of the bottom cooking plate.
- Close the top cooking plate which has a floating hinge that is designed to evenly press down on the sandwich. The top plate must be fully lowered to cook sandwiches.
- Cook for about 3 to 6 minutes or until golden brown, adjusting the time to suit your own individual taste.
- When the sandwich is cooked use the handle to open the lid. Remove the sandwich with the help of a plastic spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating of the cook plates.
- Use the Grill as a Press grill to grill sandwiches, breads and quesadillas.
- The Grill was designed with a unique handle and hinge that allows the cover to adjust to the thickness of the food. You can easily grill anything from a thinly-sliced potato to a thick sirloin steak with even results.
- When cooking more than one food item in the contact grill, it is important that the thickness of food items is consistent so the cover will close evenly on the food.

TO USE AS OPEN GRILL

- Place Grill on a clean flat surface where you intend to cook. The Grill Toaster can be positioned in flat position.
- Upper plate/cover is level with lower plate/base. The upper and lower plates line up to create one large cooking surface. To put the Grill to this position with you left hand on the handle, use your right hand to press the red button in and push the handle back until the cover rests flat on the counter. The unit will stay in this position until you lift the handle and cover to return it to the closed position.
- Use the Grill as an open grill to cook burgers, steak, poultry (we do not recommend cooking bone-in chicken, since it does not cook evenly on an open grill), fish and vegetables.



- Use the Grill as an open grill to cook burgers, steak, poultry (we do not recommend cooking bone-in chicken, since it does not cook evenly on an open grill), fish and vegetables.
- Cooking on the open grill is the most versatile method of using the Grill. In the open position, you have double the surface area for grill.
- You have the option of cooking different types of foods on separate plates, or cooking large amounts of the same type of food on both plates. The open position also accommodates different cuts of meat with varying thicknesses, allowing you to cook each piece to your liking.



MEAT AND POULTRY SAFE COOKING GUIDELINES:

COOKING

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F (62.8 °C) as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

GROUND MEATS: Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F (71.1 °C) as measured with a food thermometer.

POULTRY: Cook all poultry to an internal temperature of 165 °F (73.9 °C) as measured with a food thermometer.

CLEANING AND CARE

- Always unplug the Grill and allow it to cool before cleaning. The unit is easier to clean when slightly warm. There is no need to disassemble the Grill for cleaning. Never immerse the Grill in water or place in a dishwasher.
- Wipe cooking plates with a soft cloth to remove food residue. For baked on food residue squeeze some warm water mixed with detergent over the food residue then clean with a non abrasive plastic scouring pad or place wet kitchen paper over the grill to moisten the food residue.

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- Do not use anything abrasive that can scratch or damage the non-stick coating.
- Do not use metal utensils to remove your foods, they can damage the non-stick surface.
- Wipe the outside of the grill with a damp cloth only. Do not clean the outside with any abrasive scouring pad or steel wool, as this will damage the finish. Do not immerse in water or any other liquid.
- Do not place in the dishwasher.
- Remove and empty the drip tray after each use and wash the tray in warm, soapy water. Avoid the use of scouring pads or harsh detergents as they may damage the surface.

RINSE AND DRY THOROUGHLY WITH A CLEAN, SOFT CLOTH AND REPLACE.

STORAGE

- Always unplug the Grill before storage.
- Always make sure the Grill is cool and dry before storing.
- The power cord can be wrapped around the bottom of the base for storing.

PLUG:

1. This appliance has been fitted with a BS UK compliant plug which should not be replaced or removed
2. The plug is fitted with UK compliant fuse link which is suitable for this type of appliance and should only be replaced by a fuse link of the same rating
3. If access to the fuse link is only possible by removing the plug cover this must only be done by a suitably qualified person.
4. If the plug or the mains cable of this appliance is damaged do not use and dispose of the appliance responsibly.
5. This appliance is earthed.

Information on Waste Disposal for Consumers of Electrical & Electronic Equipment



This symbol indicates that this product should not be treated as normal household waste and it should be recycled. Please take it to your nearest collection facility or for further details contact your local council or visit www.recycle-more.co.uk.



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