

PROGRESS®

Est. 1931

**FAMILY
MULTI-GRILL**

Instruction manual

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Please read all of the instructions carefully and retain 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.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, 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 immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

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 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.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only heat-resistant plastic or wooden spatulas to avoid damaging the non-stick surface.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The door or the outer surface of the appliance may get hot during operation.



Caution: Hot surface – do not touch the hot section or heating components of the appliance.

Take care not to pour water on the heating element.

Warning: Keep the appliance away from flammable materials.

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Care and Maintenance

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

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

STEP 2: Remove baked-on food by applying a small amount of warm water mixed with a mild detergent to the non-stick cooking plates and wipe them clean with a paper towel. Use a nonabrasive scourer if the food is difficult to remove.

Do not immerse the grill in water or any other liquid.

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.

Description of Parts



- | | |
|-----------------------------|------------------------------------|
| 1. Upper housing | 5. Red power indicator light |
| 2. Lower housing | 6. Green ready indicator light |
| 3. Cool-touch handle | 7. Non-stick coated cooking plates |
| 4. Temperature control dial | 8. Non-slip feet |

Instructions for Use

Before First Use

Before connecting to the mains power supply, wipe the grill housing with a soft, damp cloth and dry thoroughly.

Do not immerse the grill in water or any other liquid.

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.

Using the Family Multi-grill

STEP 1: Prepare the food that is to be cooked.

STEP 2: Plug in and switch on the grill at the mains power supply, making sure that the temperature control dial is set to the '0' position. The red indicator light will illuminate, signalling that the grill has been switched on.

STEP 3: 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 grill is heating up.

STEP 4: Preheat the grill for approx. 2–3 minutes. The green ready indicator light will turn off once the required temperature has been reached.

STEP 5: Carefully open the lid using heat-resistant gloves.

STEP 6: Place the prepared food onto the lower non-stick coated cooking plate and then close the lid.

STEP 7: Cook the food for the appropriate amount of time, depending upon the type of ingredients and the temperature used.

STEP 8: Once cooking is complete, use heat-resistant gloves to carefully open the lid and then remove the cooked food using a heat-resistant plastic or wooden spatula.

STEP 9: When cooking multiple pieces of food, close the lid after removing each piece to maintain the heat. Always wait for the green ready indicator light to switch off before adding extra food.

STEP 10: Switch off and unplug the grill from the mains power supply. Leave the lid open and allow to cool.

Note: Always preheat the non-stick coated cooking plates before starting to cook. Carefully apply a thin coat of cooking oil to the non-stick coated cooking plates, rubbing it in carefully 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.

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Some ingredients, such as tomatoes and onions, can be partially cooked on the non-stick coated cooking plates before adding extra food.

Caution: The non-stick coated cooking plates get very hot during use; always use heat-resistant gloves to avoid injury.

Certain foods may need to be turned over during the cooking process to ensure they are evenly cooked.

Warning: Exercise caution during cooking; the grill will emit steam. Never use the grill with the lid open.

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: EK4354P

Input: 220–240 V~ 50–60 Hz

Output: 1450 W

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EXTRA LARGE SNACKS

Versatile cooking for the whole family



Plain Pancakes

Ingredients (makes 8 pancakes)

240 g plain flour	4 tbsp melted butter or	4 tsp baking powder
2 eggs	vegetable oil	½ tsp salt
480 ml milk	2 tbsp sugar	

Method

In a large bowl, sift the flour, sugar, baking powder and salt. In a separate bowl, whisk together the egg, milk and melted butter. Add the wet ingredients to the dry ingredients and mix until smooth. Preheat the snack maker. Grease the non-stick coated cooking plates with butter or lightly coat with cooking spray. Carefully add 120 ml of batter to the grill and close the lid. Cook for approx. 5 minutes or until the pancake is golden brown and soft to touch. Carefully remove the pancake from the grill and place onto a wire cooling rack. Repeat with the remaining batter. Serve with toppings as desired.

Banana Chocolate Pancakes

Ingredients

130 g plain flour	4 tbsp melted butter	½ tsp salt
2 banana, mashed	4 tbsp sugar	Chocolate syrup, to serve
2 eggs	4 tbsp unsweetened cocoa	
120 ml milk, or more	2 tsp vanilla extract	
if desired	2 tsp baking soda	

Method

In a large bowl, sift the flour, sugar, baking powder and salt. In a separate bowl, whisk together the egg, banana and melted butter. Add the wet ingredients to the dry ingredients, and then stir in the desired amount of milk and mix until smooth. Preheat the grill. Grease the non-stick coated cooking plates with butter or lightly coat with cooking spray. Carefully add 120 ml of batter to the grill and close the lid. Cook for approx. 5 minutes or until the pancake is golden brown and soft to touch. Carefully remove the pancake from the grill and place onto a wire cooling rack. Repeat with the remaining batter. Serve drizzled in chocolate syrup.





Chocolate Chip Cookie

Ingredients

250 g plain flour	75 g unsalted	2 tsp baking powder
200 g light brown soft sugar	butter, softened	1 tsp salt
200 g chocolate chips	2 large egg, beaten	Vanilla ice cream, to serve
	2 tsp vanilla extract	

Method

In a large bowl, cream the butter and sugar together until pale and fluffy. Add the egg and vanilla and beat until well combined. Sift over the flour, and then add the baking powder, salt, and mix until smooth. Fold in the chocolate chips using a wooden spoon or spatula. Preheat the XL snack maker. Grease the non-stick coated cooking plates with butter or lightly coat with cooking spray. Place desired amount of dough into the XL snack maker and close the lid. Cook for approx. 6–10 minutes, or until the cookies are golden brown. Longer cooking times produce crispier cookies. Carefully remove the cookies from the XL snack maker and place onto a wire cooling rack. Serve warm, topped with vanilla ice cream.

Hash Browns

Ingredients

4 medium potatoes, peeled and shredded	2 egg	1 tsp salt
1 onion, finely diced	4 tbsp plain flour	½ tsp cracked black pepper
	1 tsp onion powder	Greek yoghurt, to serve

Method

In a large bowl, mix all of the ingredients together until combined. Scoop out small portions of the mixture and shape into flat patties. Preheat the XL snack maker. Grease the cooking plates with butter or lightly coat with cooking spray. Using a heat resistant spatula, carefully insert a patty into the XL snack maker and close the lid. Cook one at a time until the hash browns are golden brown and crispy. Carefully remove the hash browns from the XL snack maker and place onto a wire cooling rack. Serve with a dollop of Greek yoghurt.

Full English Breakfast

Ingredients

300 g mini portobello mushrooms	4 slices halloumi cheese	2 medium free-range eggs
	3 rashers of smoked bacon	2 sausages

Method

Heat the multi grill on a medium-high heat and pour vegetables oil onto the grill. When the oil is heated, place the sausages, bacon, mushrooms and halloumi onto the grill and cook until crispy, or to your desired preference. Crack 2 medium eggs onto the grill and fry or scramble. Use a spatula or wooden spoon to spread ingredients evenly around the grill surface, turning over the meats and cheese regularly to prevent burning. Serve once cooked.

Margherita Pizza

Ingredients

Pizza dough

2 g warm water

(40 °C–46 °C)

2 ½ cups (300 g)

unbleached all-purpose flour

2 tbsp semolina or

all-purpose flour,

for the pizza

peel (divided)

1 tbsp extra-virgin olive oil

1 tsp granulated sugar

½ tsp active dry yeast

¾ tsp kosher salt

Pizza sauce

2–3 fresh garlic cloves,
minced with a garlic press

1 cup pureed or crushed San

Marzano (or Italian plum)

canned tomatoes

1 tsp extra-virgin olive oil,

plus more for drizzling

¼ tsp freshly ground

black pepper

2–3 large pinches of

kosher salt

Toppings

5–6 large fresh basil leaves,
plus more for garnishing

200 g fresh mozzarella*

cheese, cut into ½ inch cubes

2–3 tbsp finely grated

Parmigiano-Reggiano

cheese, plus more for serving

Crushed dried red pepper

flakes (optional)

(*fresh mozzarella recommended)

Method

In a medium bowl, mix together the sugar, yeast, salt, and all-purpose flour. Add the warm water and olive oil and stir the mixture with a wooden spoon until the dough begins to form together. Place the dough onto a floured countertop and knead for three minutes. The dough should start to come together and become sticky. Keep adding flour if needed, enough so that the dough is tacky, but not sticking to your countertop. Lightly grease a large mixing bowl with olive oil and place the dough into the bowl. Place a kitchen towel over the bowl of dough, and allow it to rise in a warm, dry area for around 2 hours, or until risen. Preheat multi grill on a mid-high heat setting. Separate the dough into two equal-sized portions and place on your floured countertop from earlier, covering gently with plastic wrap to allow the dough to rest for 5-10 minutes. After the dough has been resting stretch it out into a roughly 10-inch circle. Brush over the dough with olive oil, before adding ½ cup of the tomato sauce onto the pizza, making sure around ½ inch border is left around the outside. Sprinkle a tablespoon of Parmigiano-Reggiano cheese onto the pizza sauce. Add half of the cubed mozzarella, spreading it evenly over the entire pizza. Using your hands, tear a few large basil leaves, and scatter the basil over the pizza. Place the now decorated pizza on to centre of the multi grill, and cook for 15-20 minutes, or until crispy on a mid-high heat setting.





Pasta Bake

Ingredients

225 g fusilli pasta	1 cup of pesto	¼ cup of fresh parmesan
2 cups of shredded chicken breast	2 tsp of crushed red pepper flakes (optional)	Fresh basil to garnish

Method

Bring a pot of water to boil and cook the pasta. Preheat the multi grill to a medium-high heat. In a large bowl add the cooked pasta, shredded chicken, pesto, and crushed red pepper flakes, then gently mix together. Once the ingredients are combined, place the mixture on to the grill and cook for 10–15 minutes, on a medium-high heat. Serve and top with parmesan, to taste.

Enchiladas

Enchilada sauce

500 g passata	1 tbsp cider vinegar	Salt and freshly ground black pepper, to taste
1 garlic clove, crushed	1 tsp smoked paprika	
1 tbsp olive oil	1 tsp dried oregano	
1 tbsp brown sugar	1 tsp chilli powder	

Enchiladas

400 g red kidney beans, drained and rinsed	breasts, cut into thin strips	1 yellow pepper, sliced and deseeded
100 g cheddar cheese, grated	2 large onions, sliced	1 red chilli, finely chopped and deseeded
8 flour tortillas	2 garlic cloves, crushed	3 tbsp olive oil
4 skinless, boneless chicken	1 red pepper, sliced and deseeded	

Enchilada sauce

4 spring onions, sliced and trimmed	1 large avocado, sliced and peeled	2 tbsp coriander, finely chopped
	150 ml soured cream	

Method

Begin by preparing the enchilada sauce; first, pour the olive oil into a saucepan and add the onion. Cook on a low-medium heat for 7–8 minutes. Add the crushed garlic, smoked paprika, dried oregano, chilli powder and ground cumin. Mix together and cook for an extra minute. Combine with the passata, brown sugar and vinegar in a pan, plus ground black pepper. Cook the mixture for 20 minutes on a low-medium heat and blend until it is smooth. For the enchiladas, heat half of the olive oil in a frying pan with sliced onions and pepper over a medium heat for 3–4 minutes. Add in the garlic and red chilli and cook for an additional 30 seconds. Heat the remaining olive oil in a frying pan and add the chicken. Cook quickly over a medium heat, until it becomes golden brown. Return the onion and pepper mixture to the pan, adding half of the enchilada sauce as well as drained kidney beans and cook for a further minute. Lay the flour tortillas on a flat surface and divide the cooked chicken mixture evenly between them. Roll the flour tortillas around the filling and place them neatly into the centre of an oiled multi grill. Grill the enchiladas on a medium-high heat setting for 20–25 minutes, until they appear crispy and golden on the outside.

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Connection to the Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

Blue Neutral (N)

Brown Live (L)

Green/Yellow Earth (\perp)

FOR UK USE ONLY – Plug fitting details (where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter E or marked \perp .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal (\perp).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

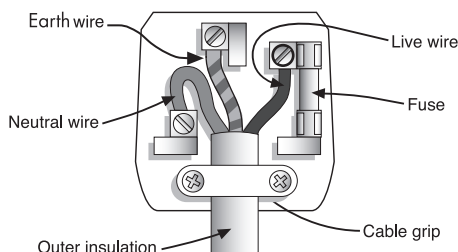
If in doubt, consult a qualified electrician who will be pleased to do this for you.

Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



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If this product does not reach you in an acceptable condition please contact our Customer Services Department at **www.progresscookshop.com**.

Please have your delivery note to hand as details from it will be required. If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

Guarantee

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

The crossed out wheelie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



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*To be eligible for the extended guarantee,
go to **www.progresscookshop.com** and register
your product within 30 days of purchase.

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