

PROGRESS®

Est. 1931

2 IN 1
HEALTH GRILL
Instruction manual

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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.

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.

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 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 health grill from the mains power supply and allow to cool fully.

STEP 1: Wipe the health 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 health grill in water or any other liquid.

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 cool fully before carefully removing the drip tray for cleaning.

Description of Parts



- | | | | |
|----|---------------------------------|----|-----------------------------|
| 1. | 2 in 1 Health Grill | 6. | Red power indicator light |
| 2. | Upper housing | 7. | Green ready indicator light |
| 3. | Lower housing | 8. | Drip tray |
| 4. | Non-stick coated cooking plates | 9. | Non-slip feet |
| 5. | Stainless steel handle | | |

Instructions for Use

Before First Use

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

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

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.

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Using the 2 in 1 Health Grill

STEP 1: Prepare the ingredients that are to be grilled.

STEP 2: Plug in and switch on the health grill at the mains power supply. The red and green power indicator lights will illuminate, signalling that the health grill has been switched on and is heating up.

STEP 3: Preheat the health grill; this will take approx. 1–3 minutes. The green indicator light will switch off once the required temperature has been reached.

STEP 4: Place the prepared ingredients onto the lower non-stick coated cooking plate and then close the lid.

STEP 5: Cook the food for approx. 3–8 minutes, depending upon the type of ingredients.

STEP 6: Once cooking is complete, carefully open the lid and remove the food with a heat-resistant plastic or wooden spatula.

STEP 7: Switch off and unplug the health grill from the mains power supply to turn it off. Leave the lid open and allow to cool.

NOTE: Always preheat the non-stick cooking plates before use.

During use, the green power indicator light will cycle on and off to signal that the health 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.

CAUTION: The non-stick cooking plates get very hot during use; always use heat-resistant gloves to avoid 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 store the health grill whilst it is wet.

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

Specifications

Product code: EK4944PPMDIR

Input: 220–240 V ~ 50–60 Hz

Output: 1000 W



FLEXIBLE COOKING SOLUTION

Recipe ideas



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 bowl with shrink wrap or the lid of the container and refrigerate for approx. 15 minutes.

Preheat the health grill once the shrimps are marinated.

Thread the shrimps onto the skewers.

Place the loaded skewers onto the health grill, 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.

Tikka-style Fish

Ingredients

2 900 g whole sea bream, red snapper or 6 fish steaks, tuna or similar	2 tbsp olive oil
4 garlic cloves, finely grated or crushed	3 tsp cumin seeds
6 tbsp plain yoghurt	2 tsp turmeric
2 tbsp finely grated fresh root ginger	2 tsp mild chilli powder
	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 health grill, close the lid and cook for approx. 4–5 minutes, until the fish is cooked (cooking times will be reduced to approx. 3–4 minutes for tuna or similar fish).

Serve with a fresh, crispy salad.

Grilled Chicken with Mozzarella Cheese

Ingredients

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

Method

Preheat the health grill.

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 griddle plate and cook for approx.

9 minutes per side or until the juices run clear and the chicken is no longer pink.

Remove from the health grill and arrange on serving plates.

Garnish with basil.



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 health 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 health grill, close the lid and cook for approx. 7–9 minutes or until thoroughly cooked and browned.

Serve in burger buns with a green salad.

Chicken Quesadillas

Ingredients

2 flour tortillas
80 g cooked chicken, shredded (or turkey
can be used 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

Method

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

Preheat the health grill.

Place all of the other ingredients 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 health grill, 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.

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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 (\equiv)

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 \equiv .

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

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.

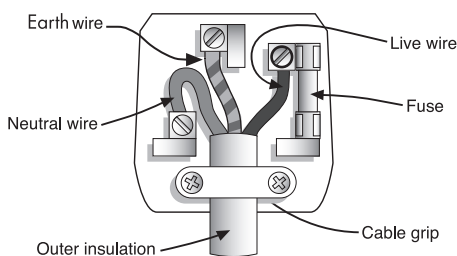
If in doubt, consult a qualified electrician who will be pleased to do this for you.

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.

Disposal of Waste Batteries and Electrical and Electronic Equipment



This symbol on the product, its batteries or its packaging means that this product and any batteries it contains must not be disposed of with household waste. Instead, it is the user's responsibility to hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment. This separate collection and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical and electronic equipment, which could be caused by inappropriate disposal. Some retailers provide take-back services which allow the user to return exhausted equipment for appropriate disposal. **It is the user's responsibility to delete any data on electrical and electronic equipment prior to disposal.** For more information about where to drop batteries, electrical and electronic waste off, please contact the local city/municipality office, household waste disposal service, or the retailer.

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