

**PROGRESS®**

Est. 1931

**SHIMMER**  
**HEALTH GRILL**

Instruction manual

# **PROGRESS®**

Est. 1931

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, and clean 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.

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 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 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.

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.



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

Do not use this product to cook or defrost frozen food.

Take care not to pour water on the heating element.

**WARNING:** Keep the appliance away from flammable materials.

### **Care and Maintenance**

**STEP 1:** Before attempting any cleaning or maintenance, unplug the health grill from the mains power supply and check that it has fully cooled.

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

**STEP 3:** Clean the accessories in warm, soapy water, then rinse and dry thoroughly.

**STEP 4:** Remove baked on food by applying a small amount of warm water mixed with a mild detergent to the non-stick coated cooking plates, then wipe them clean with a paper towel or nonabrasive scourer.

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 every 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.

# PROGRESS®

Est. 1931

## Description of Parts



1. Shimmer Health Grill main unit
2. Upper housing
3. Lower housing
4. Non-stick coated cooking plates
5. Handle

6. Red power indicator light
7. Green ready indicator light
8. Drip tray
9. Oil channel
10. Hinge

## Instructions for Use

### Before First Use

**STEP 1:** Before connecting to the mains power supply, 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.

**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 Shimmer Health Grill

**STEP 1:** Prepare the ingredients that are to be grilled. Align the drip tray under the oil channel and slide into place. The drip tray should sit freely, directly under the oil channel.

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

**STEP 3:** Preheat the health grill for approx. 3 minutes. The green ready indicator light will illuminate 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. Leave the lid open and allow to cool.

**STEP 8:** Carefully pull the drip tray away from the health grill main unit and dispose of the contents.

**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 indicate that the health grill is maintaining the temperature.

**CAUTION:** The non-stick coated 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: EK4366P

Input: 220–240 V ~ 50/60 Hz

Output: 1000 W

# PROGRESS®

Est. 1931

## 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 ( $\frac{1}{=}$ )**

**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  $\frac{1}{=}$ .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ( $\frac{1}{=}$ ).

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.

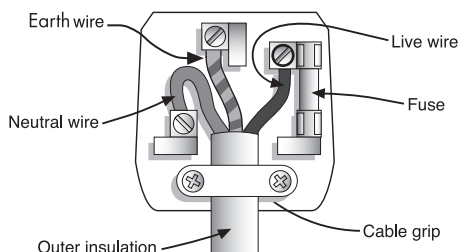
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### 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.



**UP Global Sourcing UK Ltd.,  
UK. Manchester OL9 0DD.  
Germany. 51149 Köln.**

If this product does not reach you in an acceptable condition please contact our Customer Services Department at **[www.progresscookshop.com](http://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.

# PROGRESS®

Est. 1931

\*To be eligible for the extended guarantee,  
go to **guarantee.upgs.com/progress** and register your  
product within 30 days of purchase.

Find us on 

[www.facebook.com/ProgressCookshop](http://www.facebook.com/ProgressCookshop)

Manufactured by:  
UP Global Sourcing UK Ltd.,  
UK. Manchester OL9 0DD.  
Germany. 51149 Köln.

MADE IN CHINA.

[www.progresscookshop.com](http://www.progresscookshop.com)

©Progress trademark. All rights reserved.



CD130122/MD000000/V1