



PROGRESS®

Est. 1931

**FAMILY
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.

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 power cord away from children.

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 electrical components of this 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 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.

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.

Switch off the appliance and disconnect it from the mains power supply before changing or fitting accessories.

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 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 lower 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 cooking plate, then wipe clean with a paper towel. Use a nonabrasive scourer if the food is difficult to remove.

Do not immerse the health grill or power cord 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 cause damage.

NOTE: The health grill should be cleaned after each use.

WARNING: The drip tray and food storage tray will gather oil and fat, which may still be hot after use. Allow to cool fully before carefully removing the trays for cleaning.

Description of Parts



- | | |
|----------------------------------|-------------------------|
| 1. Family Health Grill main unit | 5. Lower grill housing |
| 2. Indicator light | 6. Drip tray |
| 3. Temperature control dial | 7. Food storage tray |
| 4. Cooking plate | 8. Cool-touch handle(s) |

Instructions for Use

Before First Use

STEP 1: Check that the health grill is switched off and unplugged from the mains power supply.

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

STEP 3: 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 Health Grill

STEP 1: Place the health grill main unit onto flat, stable, heat-resistant surface, at a height that is comfortable for the user. Prepare the ingredients that are to be cooked.

STEP 2: Plug in and switch on the health grill at the mains power supply. Make sure the temperature control dial is set to '0'.

STEP 3: Select the required temperature by turning the temperature control dial in a clockwise direction. The indicator light will turn on, signalling that the health grill is heating up.

STEP 4: Preheat the health grill for approx. 3–5 minutes. The indicator light will turn off once the required temperature has been reached.

STEP 5: Place the prepared ingredients onto the cooking plate. Cook for approx. 3–8 minutes, depending on the type of ingredients and the temperature used.

STEP 6: Once cooking is complete, carefully remove the food with a heat-resistant plastic or wooden spatula. Cooked food can be stored in the food storage tray in order to keep it warm. Carefully pull out the food storage tray and add the food before sliding it back under the health grill main unit.

STEP 7: Turn the temperature control dial in an anticlockwise direction to the '0', then switch off and unplug the health grill from the mains power supply. Allow the health grill to cool down before cleaning.

NOTE: When using the health grill, the food storage tray should either be fully inserted under the health grill or removed completely. It is recommended that food is not stored in the food storage tray for long periods of time whilst the health grill is in use.

Always preheat the cooking plate before starting to cook. Carefully apply a thin coat of cooking oil to the cooking plate, rubbing it in carefully with a paper towel. This will help to prolong the life of the non-stick coating.

During use, the indicator light will cycle on and off to signal that the health grill is maintaining the selected temperature.

CAUTION: The cooking plate gets very hot during use; always use heat-resistant gloves to avoid injury.

Take care when placing food onto the cooking plate, as fatty, oily or wet ingredients may create splashback, which could cause injury.

Temperature table

Setting:	Temperature:
1	70–125 °C
2	90–140 °C
3	100–150 °C
4	140–210 °C
5	170–220 °C

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: EK4412

Input: 220–240 V ~ 50/60 Hz

Output: 2000 W



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GRILL GRIDDLE SERVE

Recipe ideas



Crispy King Prawns

Ingredients

12 king prawns	2 tbsp potato starch
Chilli Marinade:	2 tbsp butter
2 fresh chillies	1 tbsp mirin
1 garlic clove	1 tbsp sake
4 tbsp soy sauce	1 tbsp caster sugar

Method

Remove the heads and shells of the king prawns, then devein using a skewer, if they are not already prepared.

For the Chilli Marinade:

Combine all of the ingredients in a saucepan and mix well.

Heat the chilli marinade and then allow it to cool. Add the king prawns and marinate for approx. 30 minutes.

Remove the king prawns from the chilli marinade and pat dry with a paper towel. Keep the chilli marinade warm in a saucepan.

Coat each king prawn with the potato starch in a dish.

Preheat the health grill.

Place the prawns onto the lightly oiled cooking plate and cook for approx. 1 minute per side, pressing down each king prawn with a heat-resistant spatula.

Dip the king prawns into the warm chilli mixture and cook on both sides once again.

Remove from the health grill and arrange on serving plates.

Sprinkle with sesame seeds, if desired.

Grilled Salmon with Rosemary

Ingredients

4 medium-sized salmon fillets	2 tsp extra-virgin olive oil
2 garlic cloves, minced	¼ tsp salt
2 tsp fresh rosemary leaves, chopped	Pinch black pepper
2 tsp fresh lemon juice	

Method

Combine the olive oil, lemon juice, salt, pepper, garlic and rosemary in a bowl.

Brush the mixture onto the salmon and leave to marinate for as long as possible.

Preheat the health grill.

Place the marinated salmon onto the lightly oiled cooking plate and cook for approx. 6–7 minutes per side, only turning once.

Remove from the health grill and arrange on serving plates.

Season with fresh lemon juice.

NOTE: The salmon will continue to cook even after being removed from the health grill.

Teriyaki Steak

Ingredients

800 g sirloin steak, trimmed
Vegetable oil for cooking
Teriyaki Sauce:
2 chillies, diced
4 tbsp soy sauce

4 tbsp mirin (or sweet saki or rice wine)
2 tbsp caster sugar
2 tbsp water
2 tsp cornflour

Method

Combine the soy sauce, water and caster sugar into a saucepan and cook until the sugar dissolves.

Add the mirin and simmer for approx. 10 minutes.

Preheat the health grill.

Place the steak onto the lightly oiled coated cooking plate and cook for approx. 2 minutes per side, to seal in the flavour.

Brush the teriyaki sauce over both sides of the steak and cook to preference.

Drizzle some of the teriyaki sauce over the chillies and cook until soft.

Remove the steak from the health grill and slice into bite-sized chunks.

Arrange on serving plates with the chillies and teriyaki sauce. Serve with salad.

NOTE: The teriyaki sauce can be used immediately or stored in a refrigerator for up to a month.

Grilled Chicken with Mozzarella Cheese

Ingredients

4 boneless chicken breasts
8 slices Mozzarella cheese
3 tbsp olive oil
2 tsp fresh rosemary, chopped
½ tsp garlic powder

¼ tsp salt
¼ tsp black pepper
4 tomatoes, sliced
Basil, to garnish

Method

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.

Preheat the health grill.

Place the chicken breasts onto the lightly oiled cooking plate for approx. 20 minutes 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.





Chicken Tikka

Ingredients

2 medium-sized chicken breasts, diced
Tikka Marinade:
150 ml Greek yoghurt
2.5 cm piece of fresh ginger,
peeled and chopped
1 egg, beaten
1 garlic clove, chopped

2 tbsp gram flour
1 ½ tbsp lemon juice
1 ½ tbsp butter
1 tsp garam masala
1 tsp salt
¼–½ tsp red chilli powder

Method

Combine all of the tikka marinade ingredients into a large bowl and mix well. Pierce the chicken pieces all over with a fork, then add them to the mixture and leave to marinade in a refrigerator for approx. 2–3 hours. Bring the marinated chicken pieces back to room temperature before cooking. Preheat the health grill. Thread the marinated chicken pieces onto skewers, spacing them apart so that they do not touch. Place the chicken skewers onto the lightly oiled cooking plate and cook for approx. 6–8 minutes, turning halfway through cooking. Baste the chicken with the butter and cook for a further minute or until lightly charred at the edges and completely cooked through.

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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.

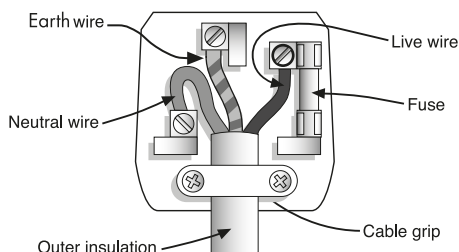
If in doubt, consult a qualified electrician who will be pleased to do this for you.

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.

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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product within 30 days of purchase.

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