

PROGRESS®
Est. 1931

FOLD-OUT
HEALTH GRILL
& PANINI MAKER
Instruction Manual

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 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 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.
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.

CARE AND MAINTENANCE

STEP 1: Before attempting any cleaning or maintenance, unplug the health grill from the mains power supply and allow it to fully cool.

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STEP 2: Use the cleaning spatula to channel any excess oil into the drip tray.

STEP 3: Wipe the health grill housing with a soft, damp cloth and dry thoroughly.

STEP 4: Clean the accessories in warm, soapy water, then rinse and dry thoroughly.

STEP 5: 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 non-abrasive scourer.

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 every use.

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

GETTING STARTED

Remove the appliance from the box.

Remove any packaging from the appliance.

Place the packaging in the box and either store or dispose of carefully.

IN THE BOX

Fold-out Health Grill & Panini Maker

2 Drip Trays

Cleaning Spatula

Instruction Manual

FEATURES

1500 W Power

Fold-out Design

Two Grill Surfaces

Floating Hinge

Adjustable Temperature Control

Marble Effect Non-stick Coating

Drip Trays Catch Excess Oil

Cool-touch Handles

Approx. 27.6 x 17 cm

DESCRIPTION OF PARTS



INSTRUCTIONS FOR USE

BEFORE FIRST USE

STEP 1: Switch off and unplug the health grill from the mains power supply.

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. 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 cause damage.

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 FOLD-OUT HEALTH GRILL & PANINI MAKER

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

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

STEP 3: Select the required temperature (see table for temperature settings) by turning

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the temperature control dial in a clockwise direction; the green ready indicator light will turn off, signalling that the health grill is heating up.

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

STEP 5: When using as a panini maker/health grill, position the drip tray at the side of the health grill, underneath the end of the oil channel. Place the prepared ingredients onto the lower cooking plate and then close the lid.

If using the health grill as a griddle plate, push the locking catch upwards and open the health grill so that it lies flat. Position the drip trays at either side of the health grill and then place the prepared ingredients onto the cooking plates. If only one cooking plate is needed, ensure that the lower cooking plate is used for optimum cooking performance.

STEP 6: Cook for approx. 3–8 minutes, depending upon the type of ingredients and the temperature used.

STEP 7: Once cooking is complete, remove the food with a heat-resistant plastic or wooden spatula.

STEP 8: To turn off the health grill, switch off and unplug the health grill from the mains power supply. Leave the lid open and allow to cool.

STEP 9: Use the cleaning spatula to channel any excess oil into the drip tray.

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.

The cleaning spatula can be used to direct any fat to the oil channel; do not let the cleaning spatula rest on the health grill for prolonged periods of time, as this could cause damage.

Using the health grill as a griddle plate will increase the amount of runoff; exercise caution and empty the drip tray regularly to prevent it from overflowing.

Caution: The 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 wrap the cord tightly around the health grill; wrap it loosely to avoid causing damage.

SPECIFICATIONS

Product code: EK2132P

Input: 220–240 V ~ 50/60 Hz

Output: 1500 W

RECIPES

* Any recipe images used in this instruction manual are intended for illustrative purposes only.

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

Skewers

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
4 garlic cloves, finely grated or crushed
6 tbsp plain yoghurt
2 tbsp finely grated fresh root ginger
2 tbsp olive oil
3 tsp cumin seeds
2 tsp turmeric
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
8 slices Mozzarella cheese
4 tomatoes, sliced
3 tbsp olive oil
2 tsp fresh rosemary, chopped
½ tsp garlic powder
¼ tsp salt
¼ tsp black pepper
Basil to garnish

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.

HOMEMADE 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.



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.

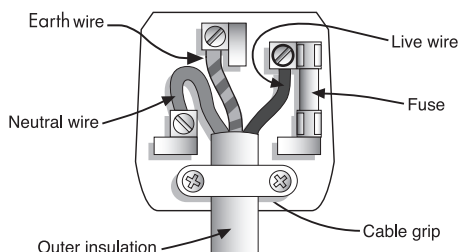
If in doubt, consult a qualified electrician who will be pleased to do this for you.

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 one (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 by one of the following methods:

Telephone: 0161 934 2240*

*Telephone lines are open Monday–Friday, 9 am–5 pm (Closed Bank Holidays)

Email: customercare@upgs.com

Fax: 0161 628 2126

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.



CONGRATULATIONS ON YOUR PURCHASE!

Go to <http://guarantee.upgs.com/progress>
to register your product for a 12 month guarantee.

At Progress, we combine our expert knowledge with our love of cooking
and food, to create innovative and stylish products for your kitchen.

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