



Technical Data

220-240V a.c./50/60Hz
1000W

Dimensions

Plate: 23cm x14.5cm

- USE AS A REGULAR PANINI PRESS TO COOK TOASTED SANDWICHES OR GRILL MEAT
- OR USE FLAT AS A CONTACT GRILL TO COOK A LARGER AMOUNT
- FAT FREE COOKING
- 230Vac 50/60HZ 1000W
- OPEN GRILL
- COPPER PARTICLES AID FASTER COOKING
- NON SLIP FEET



Caution
Hot surface

CAUTION! THIS ELECTRICAL APPLIANCE'S EXTERNAL SURFACES WILL GET HOT IN NORMAL USE.
ALLOW TO COOL BEFORE TOUCHING THE EXTERNAL SURFACES.

IMPORTANT SAFEGUARDS

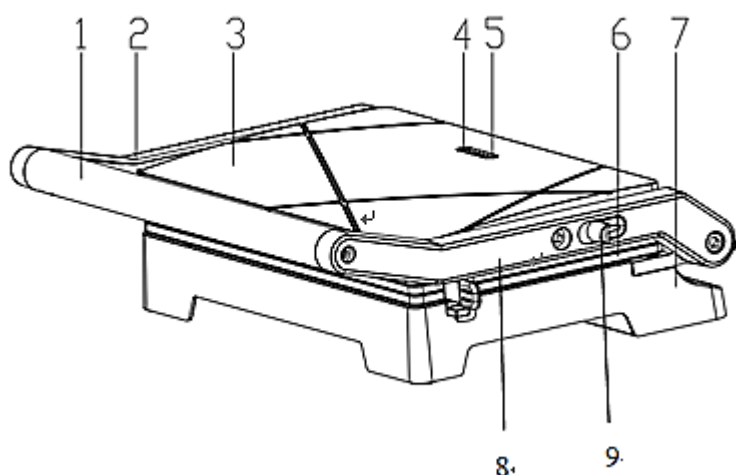
- READ ALL INSTRUCTIONS
- JUST USE THE CORRESPONDING VOLT, 50 HZ& 60 HZ. FOR HOUSEHOLD USE ONLY.
- DO NOT TOUCH HOT SURFACES. USE HANDLE.
- TO PROTECT AGAINST RISK OF ELECTRIC SHOCK, DO NOT IMMERSE THE CORD, PLUG OR COOKING UNIT IN WATER OR ANY OTHER LIQUID.
- CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED BY OR NEAR CHILDREN.
- UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING. ALLOW TO COOL BEFORE CLEANING APPLIANCE.
- DO NOT OPERATE ANY APPLIANCE WHICH HAS MALFUNCTIONED OR HAS BEEN DAMAGED IN ANY MANNER. IN ORDER TO AVOID THE RISK OF AN ELECTRIC SHOCK, NEVER TRY TO REPAIR THE HEALTH GRILL YOURSELF. TAKE IT TO A QUALIFIED TECHNICIAN FOR EXAMINATION AND REPAIR. AN INCORRECT REASSEMBLY COULD PRESENT A RISK OF ELECTRIC SHOCK WHEN THE HEALTH GRILL IS USED.
- THE USE OF ACCESSORY ATTACHMENTS NOT RECOMMENDED BY THE MANUFACTURER MAY RESULT IN FIRE, ELECTRICAL SHOCK, OR RISK OF INJURY TO PERSONS.
- DO NOT USE OUTDOORS OR FOR COMMERCIAL PURPOSES.
- DO NOT LET POWER CORD HANG OVER THE EDGE OF THE TABLE OR COUNTER, OR TOUCH HOT SURFACES.
- DO NOT PLACE ON OR NEAR A HOT GAS OR ELECTRIC BURNER OR HEATED OVEN.
- UNPLUG THE UNIT WHEN FINISHED USING.
- DO NOT USE APPLIANCE FOR OTHER THAN INTENDED USE.

- NOT INTENDED TO BE OPERATED BY MEANS OF AN EXTERNAL TIMER OR SEPARATE REMOTE-CONTROL SYSTEM.

WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, ONLY AUTHORIZED PERSONNEL SHOULD DO REPAIRS.

**SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY**

Parts



1. Handle
2. Left Lift lever
3. Upper Housing
4. Power indicator
5. Ready indicator
6. Heating plate
7. Lower Housing
8. Right lifting lever
9. Hinge release lever

BEFORE FIRST USE

- Read all instructions carefully and keep them for future reference.
- Remove all packaging
- Clean the cooking plates by wiping with a sponge or cloth dampened in warm water. Do not immerse the unit in water and do not run water directly on the cooking surfaces.
- Dry with a cloth or paper towel.
- For best results, lightly coat the cooking plates with a little cooking oil or cooking spray.

Notice: When your Health Grill is heated for the first time, it may emit slight smoke or odour. This is normal with many heating appliances. This does not affect the safety of your appliance.

HOW TO USE

Before using the appliance for the first time, peel off any promotional materials and packaging materials, and check that the cooking plates are clean and free of dust. If necessary, wipe over with a damp cloth. For best results, pour a teaspoon of vegetable oil on to the non-stick plates. Spread over with an absorbent kitchen towel and wipe off any excess oil.

PREPARING YOUR HEALTH GRILL

- Close the Health Grill and plug it into the wall outlet. The red power lights will light up. After a few minutes, you will find the green light is on, indicating that the Health Grill has begun pre-heating. You can now use the health grill.
- Preheat for about 3 to 5 minutes to reach the baking temperature and the green light coming on.

COOKING

To Use as a Contact Grill

- Prepare burgers, boneless pieces of meat and thin cuts of meat or other foods as directed and place it onto the bottom cooking plate.
- Close the top cooking plate which has a floating hinge that is designed to evenly press down on the food. The top plate must be fully lowered to achieve Grill marks on the selected foods.
- When the food is cooked use the handle to open the lid. Remove the food with the help of a plastic spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating of the cook plates.
- Use the Health Grill as a contact grill to cook burgers, boneless pieces of meat and thin cuts of meat and vegetables.
- Use the Health Grill-Toaster as a contact grill, when you want to cook something in a short amount of time or when you are looking for a healthy method of grilling. When cooked on the contact grill, food will cook quickly because you are grilling both sides of the food at the same time.

To Use as Press grill

- Prepare sandwich as directed and place it onto the bottom cooking plate. Always place sandwiches towards the rear of the bottom cooking plate.
- Close the top cooking plate which has a floating hinge that is designed to evenly press down on the sandwich. The top plate must be fully lowered to cook sandwiches.
- Cook for about 3 to 6 minutes or until golden brown, adjusting the time to suit your own individual taste.
- When the sandwich is cooked use the handle to open the lid. Remove the sandwich with the help of a plastic spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating of the cook plates.
- Use the Health Grill as a Press grill to grill sandwiches, breads and quesadillas.
- The Health Grill was designed with a unique handle and hinge that allows the cover to adjust to the thickness of the food. You can easily grill anything from a thinly-sliced potato to a thick sirloin steak with even results.
- When cooking more than one food item in the contact grill, it is important that the thickness of food items is consistent so the cover will close evenly on the food.

To Use as Open grill

- Place Health Grill on a clean flat surface where you intend to cook. The Grill Toaster can be positioned in a flat position.
- Upper plate/cover is level with lower plate/base. The upper and lower plates line up to create one large cooking surface.
- Angle button• With your left hand on the handle, use your right hand to slide the lever toward you. Push the handle back until the cover rests flat on the counter. The unit will stay in this position until you lift the handle and cover to return it to the closed position.
- Use the Health Grill as an open grill to cook burgers, steak, poultry (we do not recommend cooking bone-in chicken, since it does not cook evenly on an open grill), fish and vegetables.
- Cooking on the open grill is the most versatile method of using the Health Grill. In the open position, you have twice the surface area for grill.
- You have the option of cooking different types of foods on separate plates without combining their flavours, or cooking large amounts of the same type of food. The open position also accommodates different cuts of meat with varying thicknesses, allowing you to cook each piece to your liking.



CLEANING AND CARE

- Always unplug the Health Grill and allow it to cool before cleaning. The unit is easier to clean when slightly warm. There is no need to disassemble Health Grill for cleaning. Never immerse the Health Grill in water or place it in dishwasher.
- Wipe cooking plates with a soft tissue to remove food residue. For baked on food residue squeeze some warm water mixed with detergent over the food residue then clean with a non-abrasive plastic scouring pad or place wet kitchen paper over the grill to moisten the food residue.
- Do not use anything abrasive that can scratch or damage the non-stick coating.
- Do not use metal utensils to remove your food, they can damage the non-stick surface.
- Wipe the outside of the health grill with a damp cloth only. Do not clean the outside with any abrasive scouring pad or steel wool, as this will damage the finish. Do not immerse in water or any other liquid.
- Do not place in the dishwasher.

STORAGE

- Always unplug the Health Grill before storage.
- Always make sure the Health Grill is cool and dry before storing.
- The power cord can be wrapped around the bottom of base for storing.

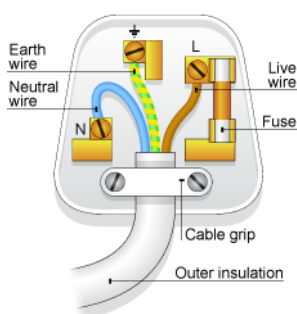
PLUG WIRING (UK & IRELAND)

This appliance is fitted with a BS 1363 13-amp plug. If you have to replace the fuse, only those that are ASTA or BSI approved to BS1362 and with a rated current of 13-amperes should be used. If there is a fuse cover fitted,

this cover must be re-fitted after changing the fuse. If the fuse cover is lost or damaged the plug must not be used. Spare fuse holders and fuses are available from electrical outlets. If the socket outlets in your home or office are not suitable for this product's plug, the plug must be removed and disposed of safely. Attempts to insert the plug into the wrong socket is likely to cause electric hazard. A replacement plug should be wired according to the following instructions:

The cable

A mains electricity cable contains two or three inner wires. Each has a core of copper and an outer layer of flexible plastic. This product is earthed; the wires in the cord set are colour coded in the following way:




BLUE	NEUTRAL
BROWN	LIVE
GREEN & YELLOW	EARTH

The diagram shows the key features of a correctly wired three-pin mains plug.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – Contains the following recyclable plastic.



Code & Symbol	 OTHER
Type of Plastic	ABS
Commonly used for	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.