



# 180° duo health grill

## Instruction Manual



Item No. 34350

# **IMPORTANT SAFEGUARDS**

**PLEASE READ THESE INSTRUCTIONS CAREFULLY AND  
RETAIN FOR FUTURE REFERENCE.**

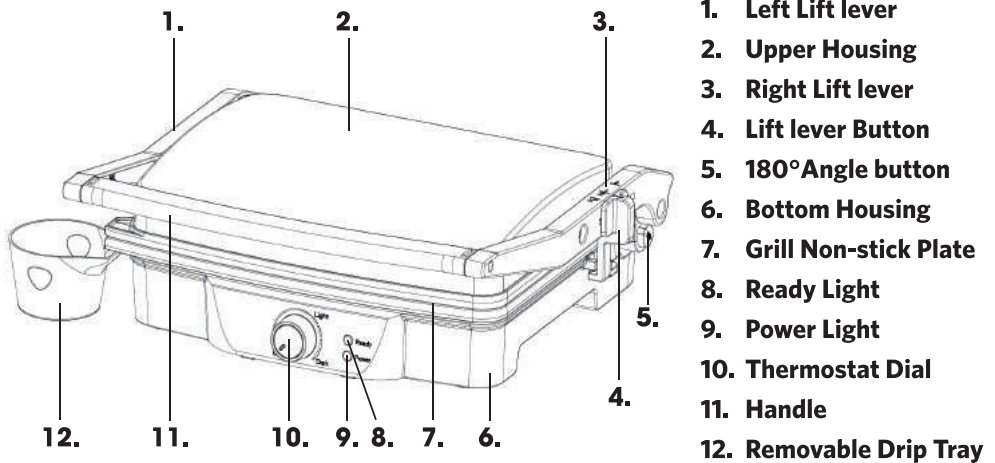
## **READ ALL INSTRUCTIONS**

- Make sure the voltage in your outlet is the same as the voltage indicated on the appliance's rating label.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug – do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Close supervision is necessary when your appliance is being used by children or infirm persons.
- Young children should be supervised to ensure that they do not play with the appliance.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surfaces.
- Do not operate any appliance with has malfunctioned or has been damaged in any manner. In order to avoid the risk of an electric shock, never try to repair the appliance yourself. Take it to an authorized service station for examination and repair.
- Do not use outdoors or for commercial purposes.
- Unplug the unit when finished using.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.

- Keep the appliance and its cord out of reach of children less than 8 years.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- The door or the outer surface may get hot when the appliance is operating.
- Do not use this appliance with an extension lead.
- Do not use this appliance near to water or in humid conditions.
- Always allow the appliance to cool down before moving or cleaning.
- Do not use the appliance if the electric cord is damaged in any way, it must be replaced by a qualified electrician.
- Do not immerse the appliance in water or any other liquid.

## PARTS IDENTIFICATION



# BEFORE FIRST USE

- Read all instructions carefully and keep them for future reference.
- Remove all packaging
- Clean the Cooking Plates by wiping a sponge or cloth dampened in warm water.

**DO NOT IMMERSE THE UNIT AND DO NOT RUN WATER DIRECTLY ONTO 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 GRILL IS HEATED FOR THE FIRST TIME, IT MAY EMIT SLIGHT SMOKE OR ODOR. 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.**

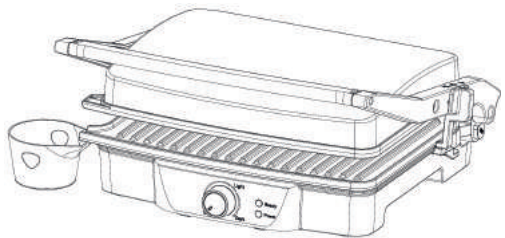
# PREPARING YOUR Grill

- Close the Grill and plug it into the wall outlet, You will find the red power lights, indicating that the Grill has begun to heat up. As this time, you can turn the Thermostat Dial to set the temperature control to your desired setting: "MIN" for light colored food and "MAX" for darker food. At first, try a setting in the middle.; You will find the green ready lights indicating that the Grill has begun preheating. You may later adjust it lower or higher according to your preference, Different foods will require different temperatures according to your taste.
- It will preheat for approximately 3~5 minutes to reach cooking temperature, Green ready light goes out, the Grill is ready for use.

# COOKING

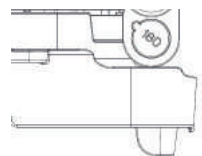
## TO USE AS A CONTACT GRILL

- Set the Grill Temperature Control to your desired setting. At first, try a setting in the max. You may later adjust it lower or higher according to your preference.
- Prepare the 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 Grill as a contact grill to cook burgers, boneless pieces of meat and thin cuts of meat and vegetables.
- Use the Grill 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. The ribs on the grill plates combined with the grease spout at the corner of the plate allow the grease to drip from the meat and drain off the plates.



## USING THE EXTENDABLE FEET

- In cooking, for better drainage of fat, you can open the extendable feet at the base on one side to give the grill a slight slant.



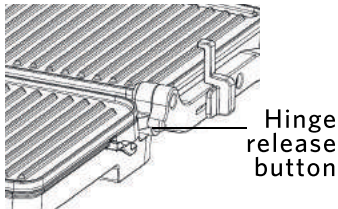
Slant device

# TO USE AS PRESS GRILL

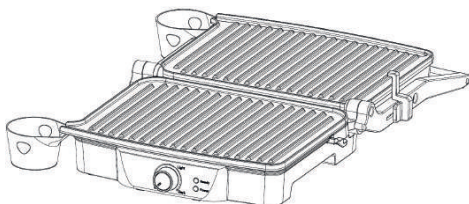
- Set the Grill Temperature Control to your desired setting. At first, try a setting in the "MAX". You may later adjust it lower or higher according to your preference.
- Prepare the sandwiches as directed and place it onto the bottom cooking plate. Always place sandwiches towards the rear of the bottom 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 Grill as a Press grill to grill sandwiches, breads and quesadillas.
- The 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 Grill on a clean flat surface where you intend to cook. The Grill Toaster can be positioned in flat position.
- Upper plate/cover is level with lower plate/base. The upper and lower plates line up to create one large cooking surface. To put the Grill to this position with you left hand on the handle, use your right hand to press the red button in and 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 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 Grill. In the open position, you have double the surface area for grill.
- You have the option of cooking different types of foods on separates without combining their flavors, 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 you liking.



# CLEANING AND CARE

- Always unplug the Grill and allow it to cool before cleaning. The unit is easier to clean when slightly warm. There is no need to disassemble the Grill for cleaning. Never immerse the Grill in water or place in a dishwasher.
- Wipe cooking plates with a soft cloth 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 foods, they can damage the non-stick surface.
- Wipe the outside of the 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.
- Remove and empty the drip tray after each use and wash the tray in warm, soapy water. Avoid the use of scouring pads or harsh detergents as they may damage the surface.

**RINSE AND DRY THOROUGHLY WITH A CLEAN, SOFT CLOTH AND REPLACE.**

# STORAGE

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

## Information on Waste Disposal for Consumers of Electrical & Electronic Equipment

This mark on a product and/or accompanying documents indicates that when it is to be disposed of, it must be treated as Waste Electrical & Electronic Equipment (WEEE).

Any WEEE marked waste products must not be mixed with general household waste, but kept separate for the treatment, recovery and recycling of the materials used.

For proper treatment, recovery and recycling; please take all WEEE marked waste to your Local Authority Civic waste site, where it will be accepted free of charge. If all consumers dispose of Waste Electrical & Electronic Equipment correctly, they will be helping to save valuable resources and preventing any potential negative effects upon human health and the environment, of any hazardous materials that the waste may contain.



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Imported by L24 9WD