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# **MIGHTY PRO GRILL**

***Instruction and  
guarantee manual***



# ***MIGHTY PRO GRILL***

## **Instructions**

Size : 32cm external diameter stove top cooker with stainless steel outer section and aluminium inner plate with non-stick cooking surface.

Suitable for use on gas, electric and solid hobs. Can also be used in an oven.  
(When using on solid hobs, heating time will be slower).

### **Safety guidelines**

- Before use, wash using warm water and detergent.
- After use, product can be cleaned in a dishwasher (top level). For best results soak inner plate first in warm water and detergent.
- Never use the Mighty Pro Grill without liquids. It is possible to use, water, wine, fruit juice, beer, water and herbs, to name but a few.
- Always allow to cool down after use, particularly before washing. Do not place hot cookware directly into cold water.
- During use product can become hot, always use suitable protection, i.e. an oven glove to ensure safe handling.
- Use the correct size ring/burner. For best results use a medium heat. Do not overheat.
- Always ensure Mighty Pro Grill is stable on the hob top before use. For greater efficiency use the correct size burner.
- The use of plastic/wooden kitchen utensils is recommended for use on non-stick surface to prevent damage.
- Only use the hook utensil for turning foods on the Mighty Pro Grill, taking care not to scratch surface. Please note, this utensil is very sharp.
- Always keep out of reach of children.
- Never leave the Mighty Pro Grill unsupervised when in use on hob top.
- Always use oven gloves when handling the Mighty Pro Grill when still hot.
- Never move the product when in use.
- Always clean after use (once it has cooled down). Do not allow a build up of fat in rim.

## Instructions for use

### Before Grilling

Always put 4 fl.oz of liquid into the flavour ring, which captures the excess fat.  
NEVER USE THE MIGHTY PRO GRILL WITHOUT LIQUIDS.

Various alternatives can be used to add aromatic and flavoursome hints to your dishes including: fruit juice, beer, red or white wine, liqueur's or vegetable stock.

### Positioning your Mighty Pro Grill on hob

ELECTRIC HOB: place the Mighty Pro Grill over small heating elements only.

GAS HOB: place the Mighty Pro Grill on the hob grate, ensuring the flame is positioned under the centre of the Grill. If the grill is not stable like that, you can use a cake cooling rack instead.

CERAMIC FLAT TOP HOB: place the Mighty Pro Grill over the smallest glowing element only.

Always preheat the Grill plate before cooking. The grill is hot when a drop of water dropped on the surface fizzes and evaporates.

A light spray oil can be used sparingly to prevent food from sticking to the pan.

### Preheating and cooking settings

GAS HOB: preheat on medium/low heat and then cook on that temperature except when cooking steaks, which should be on medium heat.

ELECTRIC HOB: preheat on medium/high heat and then cook on medium heat except when cooking steaks, which should be on medium/high.

CERAMIC FLAT TOP HOB: preheat on medium/high and then cook all foods at that temperature.

Temperatures can vary from one hob to another, so if your food is over or under cooking on these settings, alter the temperature accordingly.

### Liquid levels

Be careful to never put more than 4 fl.oz of liquid into the flavour ring. Check the level every 15-20 minutes as some evaporation will occur during cooking time. If the level becomes low and the grill starts smoking, carefully remove the grill from the hob and add additional liquids as required. Return to hob and continue to cook.

### Cleaning and looking after the grill

Allow the grill to cool before handling the grill plate. Pour any liquid left over in flavour ring away into the sink or a suitable bottle for disposal, or save to use for stock or gravy. Always take care when handling hot liquid.

Clean with warm soapy water and a soft cloth or place into dishwasher. If a dishwasher has been used it is necessary to use a small dab of cooking oil afterwards on the cooking plate to reactivate the non-stick surface.

### Marinating

For great tasting marinated food, brush marinade directly onto food or marinate in the refrigerator for half an hour before grilling. Do not pour the marinade into the flavour ring. Dipping vegetables in ranch, Italian or honey mustard dressing before grilling them can obtain great results. For easy cleaning try spraying the grill plate with fine spray oil before preheating.

## Flavour Ring

This feature of the grill allows you to make a versatile range of foods with amazing flavours. Try red wine to compliment red meats and white wine with white meats and fish, beer for burgers and liqueur's for desserts and taste the fantastic results everytime.

## Suggested recipes:

### Chicken & Asparagus

Cooking time: 25 minutes

Servings: 4-5 people

#### Ingredients:

10 boneless chicken thighs  
1 bunch asparagus  
1 medium white onion  
2 tbsp. garlic salt  
1/2 tsp. Paprika  
4 fl.oz chicken stock

#### Method:

Trim asparagus leaving tender tips. Cut the onion into small slices. Cut the asparagus into 2 inch long strips. Pour the chicken stock into the flavour ring. Place the chicken, asparagus and onions on top of the grill and cook on low/ medium heat for approximately 6 minutes per side or to your desired tenderness. Remove from the grill and serve immediately.

#### Comments:

Instead of chicken stock, try using fruit juice or wine in the flavour ring. You can also try marinating the chicken in Italian salad dressing for one hour before grilling. Discard the marinade after the chicken is removed.

Instead of chicken thighs, try chicken breast strips, pork cutlets, beef medallions, sword fish cubes or anything else you wish. The vegetables can be substituted with broccoli and cauliflower.

### BBQ Ribs

Cooking & prep time: 40 minutes

Serving: 4-5 people

#### Ingredients:

3 racks of baby back ribs	1 fl.oz soy sauce
40 fl.oz apple cider	2 oz mustard
1/2 fl.oz black strap molasses	6-8 cloves garlic (crushed)
1 oz brown sugar	Sea salt and pepper to taste
8 fl.oz tomato ketchup	1 med onion
2 fl.oz honey	2 tbsp. Thai chilli sauce

#### Method:

Bring the apple cider to the boil saving 4 fl.oz for later and add the ribs until the meat turns grey in colour. Remove from the cider and let sit for 20 minutes. Pour the remaining cider into the

flavour ring. Preheat the oven to 375 C°. Mix together the tomato ketchup, honey, black strap molasses, brown sugar, mustard, soy sauce, garlic, salt. Pepper, onions and Thai sauce. Dip or brush liberally over the ribs. Finish by broiling the ribs until they are golden brown on the surface. Place on grill and cook in the oven for 45 minutes.

### Grilled vegetables

Cooking and prep time: 20 minutes

Servings: 4-6 people

Ingredients:

2 Japanese aubergines	1/2 bunch chives (chopped)
12 mushrooms	1/2 lb goat's cheese (cut in 1/2 inch pieces)
2 yellow squash	2 large tomatoes (quartered)
1 medium red onion	Chinese lettuce leaves
1 1/2 fl.oz olive oil	4 fl.oz pineapple juice
Mediterranean spices	

### Balsamic Dressing

4 tbsp Balsamic vinegar

4 1/2 fl.oz extra virgin olive oil

Salt and fresh black pepper to taste

Method:

Cut the aubergine and squash lengthwise into slices about 1/2 inch thick.

Remove the stalks from the mushrooms. Slice onion in half and then into 3 wedges per half.

Pour 4 fl.oz of pineapple juice into flavour ring and preheat grill on medium heat. Brush the vegetables with olive oil and sprinkle with spice mixture. Grill for 6-8 minutes until grill marks appear and veggies are slightly soft to touch.

Press some of the chives onto goat's cheese and set aside. Whisk the vinegar, oil, salt and pepper together in a small bowl for dressing. Line a large platter with the lettuce leaves, arrange the veggies, goats cheese and tomatoes. Season with salt and pepper and drizzle on the dressing.

Serve at room temperature.

### Scampi Kebabs

Cooking & prep time: 45 mins

Servings: 4-6 people

Ingredients:

20 medium shrimps (peeled & cleaned)	4 fl.oz olive oil
12 mushrooms	2 large garlic cloves crushed
12 cherry tomatoes	1/8 tsp curry powder
1 green pepper (cut into slices)	salt & black pepper to taste
1 courgette (cut into 1/2 rounds)	4 fl.oz white wine
1 large red onion	4 skewers (wood or metal)
4 tbsp butter	

**Method:**

**Scampi**

Melt the butter on low heat and stir in olive oil, garlic, curry powder, salt and pepper. Remove to a bowl and combine all ingredients and allow to marinate for 1 hour in the refrigerator.

Take 5 shrimps, 2 cherry tomatoes, 1 mushroom, 1 courgette, 1 green pepper and 1 red onion piece and place on a skewer.

Pour 4 fl.oz white wine into the flavour ring and preheat the grill to medium. Brush the kebabs with olive oil and grill each skewer for about 4-5 mins on each side while also grilling excess scampi.

**Suggestions:**

You can substitute almost any meat or fish in this recipe for a fantastic kebab. I like to serve them on a medley of wild rice with fresh lemon wedges and a sprig of fresh parsley.

**Burgers**

Cooking and prep time: 30 minutes

Servings: 6 people

**Ingredients:**

1 1/2 lbs. extra lean ground beef

2 medium eggs

1 oz grated cheese

12 large mushrooms

2 large yellow mushrooms

2 large yellow onions

4 slices cheddar cheese

2 medium tomatoes

2 large avacados

1/2 lettuce

4 medium pitta pockets

olive oil

salt & pepper to taste

4 fl.oz beer

**Method:**

Pour 4 fl.oz beer into the flavour ring and preheat the Mighty Pro Grill on medium heat. Slice the mushrooms and onions into thin slivers and grill until onions are tender. Add salt and pepper to taste. Remove and set aside to cool.

Mix together in a bowl, the beef, raw eggs, grated cheese, grilled vegetables and all the seasoning. Form the mixture into six burger shapes and place on the preheated grill. Grill the burgers for about six minutes per side until golden brown. Add cheese slices about 1 minute before the burgers are ready. Remove from the grill and place on in each pitta pocket.

**Grilled Swordfish**

Cooking and prep time: 30 minutes

Servings: 4 people

**Ingredients:**

4-6 swordfish steaks, 3/4 inch thick

4 tablespoons unsalted butter

Olive oil

2 teaspoons minced capers

2 teaspoons freshly squeezed and strained

lemon juice

2 large garlic cloves crushed

2 1/2 anchovy fillets, rinsed, dried and mashed

4 fl.oz pineapple juice

**Method:**

Press the anchovies through a fine sieve or mash with a fork and blend with the butter, capers,

lemon juice and garlic. Combine well. Place onto some cling film and place on a flat surface. Roll the butter mixture into a log. Seal the cling film and tightly and refrigerate for at least one hour.

Pour 4 fl.oz of pineapple juice into the flavour ring and preheat the grill on medium. Brush the surface of the grill with olive oil to add flavour to the steaks on contact with the grill. Grill the swordfish brushing often with olive oil for 3 to 4 minutes on each side. Just before the fish is ready, cut the anchovy- caper butter into 4 equal slices. Remove the fish from the grill and place on a decorative plate.

Place a slice of the anchovy butter on each swordfish steak and serve immediately.

Suggestions:

Substitute the swordfish with Marlin, Tuna, Mahi Mahi or any other fish for a tasty dish.

### **Grilled Brushcetta**

Cooking and prep time: 30 minutes

Servings: 4 people

Ingredients:

4 diagonal slices of Italian bread	1 teaspoon thyme
olive oil	1 x 10oz bag fresh spinach
4 garlic cloves (whole)	4 roma tomatoes (diced)
1 small onion (sliced thinly)	4 fl.oz water
4 slices ham or smoked turkey	

Method:

Pour 4 fl.oz pineapple juice into the flavour ring and preheat the grill on medium.

Brush the slices of bread with olive oil and place on the grill. Toast until each side is crisp and lightly browned.

Remove bread slices and drizzle one side with a teaspoon of olive oil.

Meanwhile, grill the garlic and onions until lightly brown and tender. Remove and set aside.

Grill the ham or turkey until tender and grill marks appear. Put one slice of meat over garlic toast slices. Slice the garlic into thin slivers and add onions to each slice of toast. Add spinach to the grill until just wilted. Cover half the meat slices with spinach and the other half with tomatoes.

Drizzle with olive oil and add salt and black pepper to taste.

Suggestions:

If you want a vegetarian Brushcetta try replacing the meat with asparagus, courgette, peppers or aubergine .

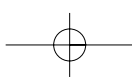
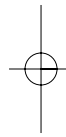
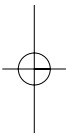


## **MIGHTY PRO GRILL**

### **Guarantee**

*This product is unconditionally guaranteed for one year against all defects of workmanship and materials. This guarantee does not affect your statutory rights.*

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