

Sunbeam

EasyClean Contact Grill

INSTRUCTION/RECIPE BOOKLET

THIS BOOK COVERS THE USE AND CARE OF THE FOLLOWING SUNBEAM EASYCLEAN CONTACT GRILL:
EASYCLEAN CONTACT GRILL (GC2600)



PLEASE READ THIS BOOK THOROUGHLY AND RETAIN FOR FUTURE REFERENCE.

GC2600

Sunbeam's Safety Precautions.

SAFETY PRECAUTIONS FOR YOUR EASYCLEAN CONTACT GRILL.

- Use well away from walls and curtains.
- Avoid using on metal surfaces e.g. sink.
- Do not use in confined spaces.
- Do not immerse the unit in water.
- Ensure that the cord is kept well away from the cooking plates during use.
- Ensure the drip tray is in position before grilling.
- Do not touch the outside of the top of the grill when in use.
- Ensure you use the handle to open the top grill plate. Avoid touching hot surfaces.
- This grill may generate steam from between the grill plates while cooking and when top plate is opened.
- Take care when removing food from the grill.

SAFETY PRECAUTIONS FOR ALL ELECTRICAL APPLIANCES

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- 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.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- 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 on a heated oven. Do not place on top of 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 surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please ring our Toll Free number (Australia only) 1800 025 059. New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

Ensure the above safety precautions are understood.

تأكد من تفهم احتياطات السلامة المذكورة أعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώσετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

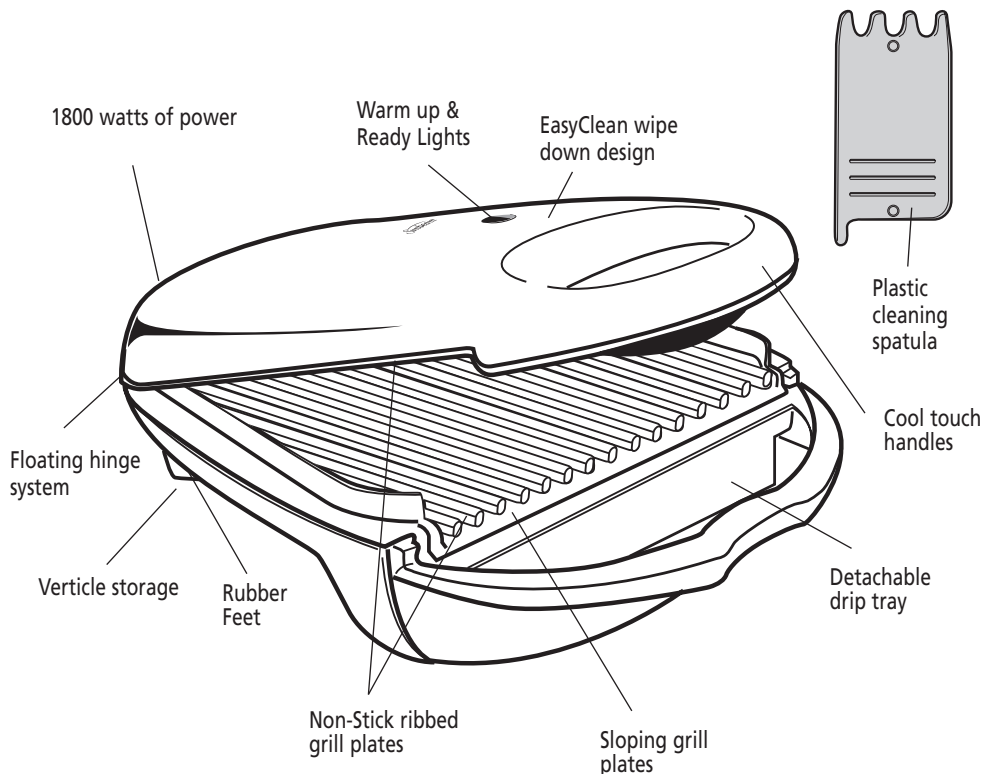
کاری بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Features of your EasyClean Contact Grill.



Floating hinge system (25mm)

Floating hinge system that adjusts to grill foods of varying thickness: from sliced vegetables to 1-inch steaks.

Non-stick ribbed grill plates

Sear meat on both sides at the same time, for fast healthy cooking. Non-stick surface for easy cleaning.

1800 watts

Powerful 1800 watt element for faster heat-up and more superior consistent grilling.

Sloping grill plate

The sloping grill plate drains fat away from the food whilst cooking for a healthier meal.

Detachable drip tray

Easily detachable drip tray catches fats and juices preventing overflow onto bench tops. Ensure this tray is in position before grilling.

Warm up and Ready lights

'Warm up' light indicates when grill is heating and 'ready' light shows when grill is ready to use.

Vertical storage

Convenient upright storage saves you valuable space on your benchtop.

Plastic cleaning spatula

This plastic spatula provided with your contact grill will remove any stubborn spills without damaging the non-stick surface.

Using your EasyClean Contact Grill.

Before using your EasyClean Contact Grill

Before using your EasyClean Contact Grill for the first time, the non-stick cooking plates must be seasoned. Turn the power ON and pre-heat your Easy Clean Contact Grill until the Ready Light illuminates.

Wipe a small amount of butter, margarine or oil onto the plates, rub lightly and wipe away any excess.

Note: When using your EasyClean Contact Grill for the first time you may notice a fine smoke haze being emitted from the unit. This is normal. It is due to the initial heating of internal components.

Using your EasyClean Contact Grill

1. Plug the power cord into a 230-240 volt AC power outlet.
2. Turn the power ON and pre-heat your Easy Clean Contact Grill until the Ready light illuminates.
3. After you have completed grilling, turn the power OFF.

Grilling Meats and Vegetables

Note: Always pre-heat your EasyClean Contact Grill for 3-5 minutes. The Ready light will illuminate.

1. Always spray the grill plates with cooking spray before placing meat, seafood or vegetables onto the grill plate.
2. Gently lower the lid, applying pressure if needed to ensure both the top and bottom grill plates are level and in contact with the food.
3. If desired halfway through cooking turn your food over to achieve attractive cross grill marks on both the top and bottom of your food.

4. When cooking some foods you may want to re-spray the top grill plate to prevent food from sticking.
5. The cooking plates are coated in a durable non-stick coating. Some foods that are marinated or coated may cause the food to stick to the grill plates.

To free the food use a plastic spatula or wooden spoon. Never use a sharp object or metal utensil as this will damage the non-stick surface.

Note: The warm up and Ready Lights are thermostatically controlled and will cycle during cooking to ensure that the correct temperature is maintained.

Caution: Do not touch the outside of the top of the grill, when in use. Ensure you use the handle to open the top grill plate. Avoid touching hot surfaces. This grill may generate steam from between the grill plates while food is cooking and when the top plate is opened. Take care when removing food from the grill.

Grilling Sandwiches and Focaccia's

Note: Always pre-heat your EasyClean Contact Grill until the Ready light illuminates before use.

1. Always butter the outside of the bread. The sandwich filling will be placed between the unbuttered sides of the bread.
2. Place the buttered side of the bread onto the cooking plate, then spoon the recommended quantity of filling onto the bread.
3. Place the top slice of bread on top of the filling with the buttered side facing upwards.
4. Gently close the lid.

Note: Ensure that the cord is kept well away from the cooking plates when in use.

5. Allow the sandwiches to toast for approximately 3 minutes, depending on the bread, filling and personal taste. Your EasyClean Contact Grill toasts both sides of bread at the same time.

Care and Cleaning.

Quick cleaning method

Always turn the power OFF and remove plug after use and before cleaning. The cooking plates are coated with a non-stick surface, and there are no dirt traps.

Always allow the grill to cool after use. Once cooled, use the plastic cleaning spatula provided to clean the cooking plates.

Always allow the contents of the drip tray to cool before removing the tray from its position and discarding the contents.

Wash the drip tray in warm soapy water.

Plastic cleaning spatula

To remove any food between the non-stick ribbing, simply run the spatula along the grooves of the grill plate from the back to the front. Wiping over with a dampened cloth. This plastic spatula will remove any stubborn spills without damaging the non-stick surface.

Always clean after each use to prevent a build up of cooking residue on the grill.

Do not immerse your Contact Grill in water or any other liquid. Do not use abrasive scouring pads or powders.

Do not place your EasyClean Contact Grill in a dishwasher.

To clean the exterior

Simply wipe over with a dampened cloth and polish dry with a dry soft cloth. Do not use steel wool, scouring pads or abrasive cleaners as these will scratch the surface.

Storage

Your EasyClean Contact Grill will store in an upright position in cupboards, shelves or on the bench top.

Sunbeam is a registered trademark. Sunbeam EasyClean is a trademark of the Sunbeam Corporation. Made in China. Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet. Approved by the appropriate Electrical Regulatory Authorities. Backed by Sunbeam's 12 Month Replacement Guarantee and National Service Network.

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For more information or advice on this or any other Sunbeam appliance, visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Australia 1800 025 059
New Zealand (09) 912 0747.

Recipes

Beef.

Tasty Burgers

Serves 4

500g lean beef mince
2 small onions, finely chopped
 $\frac{3}{4}$ cup dry breadcrumbs
1 egg, lightly beaten
2 Tablespoons tomato paste
2 Tablespoons parsley, finely chopped (optional)

Mix all ingredients together in a bowl. Divide mixture into 8 equal portions and shape into burgers. Flatten slightly. Place onto a plate or tray, cover and refrigerate for 30 minutes or until required.

Pre- heat grill for 3-5 minutes. Spray grill plates with cooking spray. Grill burgers 6- 8 minutes or until tender. If desired, half way through cooking turn burgers to achieve cross grill marks.

Serve on a toasted burger bun with salad, cheese and your choice of sauce.

Recipe suggestion:

- Substitute the lean beef mince for lean chicken, veal, lamb or pork mince.
- Add freshly chopped chilli or dried chilli flakes to mince mixture before cooking to add a spicy flavour.
- Freshly chopped garlic can also be added.

Thai Style Beef Salad

Serves 4

500g beef sirloin or backstrap, trimmed of fat and sinue

Salad

3 cups mesculin lettuce leaves
12 mixed cherry tomatoes (red, yellow green), quartered
1 Lebanese cucumber, thinly sliced on the diagonal
1 small Spanish onion, thinly sliced
 $\frac{1}{2}$ cup fresh mint leaves, roughly chopped
 $\frac{1}{2}$ cup fresh coriander leaves, roughly chopped
 $\frac{1}{2}$ cup dry roasted cashew nuts

Salad dressing

$\frac{1}{4}$ cup caster sugar
 $\frac{1}{2}$ cup water
Juice & zest 2 limes
1 fresh red chilli chopped or 1 teaspoon dried chilli flakes
1 teaspoon fish sauce

Pre- heat the grill for 3-5 minutes. Spray grill plates with cooking spray. Cook the sirloin for 4 - 6 minutes. Meat should be brown on the outside but rare in the middle. Remove and wrap in foil. Wait 10- 15 minutes before thinly slicing the beef.

Combine all of the ingredients together for the salad onto individual plates or in one big serving bowl.

Dressing: in a small saucepan combine all the ingredients, bring to the boil, simmer 1-2 minutes, remove and allow to cool.

Top the salad with beef slices and toss in cooled dressing. Serve immediately.

Lamb.

Mediterranean Kebabs with Tahini Yoghurt **Serves 4**

Kebabs

1kg lamb leg steaks, trimmed, cut into 2cm cubes

4 Tablespoons olive oil

1 lemon, washed

1/2 cup white wine

2 large cloves garlic, peeled and sliced

Topping

1 small Spanish onion, finely chopped

3 fresh tomatoes, seeded and chopped

1/4 bunch fresh basil leaves, finely shredded

Tahini yoghurt

125ml low fat plain yoghurt

1/4 cup tahini

Freshly cracked seasoned pepper

Soak 12 bamboo skewers in water (preferably overnight)

In a large bowl combine the lamb cubes and olive oil. Cut the lemon in half, squeeze juice over lamb and leave the skin halves in the marinade. Add in wine and garlic. Marinate meat for 30 minutes or longer if time allows overnight (up to 2 days).

The next day thread meat onto skewers.

Mix together the onion, tomatoes and basil in a bowl, set aside.

Mix together the yoghurt, tahini, pepper, set aside.

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook kebabs (4) at a time for 8-10 minutes. Wrap kebabs in foil after cooking.

Serve kebabs sprinkled with combined onion, tomatoes and parsley, top with a generous dollop of tahini yoghurt dressing.

Note:

- Tahini can be found in good deli's or health food stores.
- Tahini is a ground sesame seed paste.

Shallot, Garlic & Lime Lamb Cutlets **Serves 4**

16 x 50g meaty frenched lamb cutlets

2 green shallots, finely sliced

4 Tablespoons sesame oil

3cm piece fresh ginger, grated

3 Tablespoons mirin

1 lime

Place cutlets into a bowl. Drizzle over sesame oil and mirin. Add shallots, ginger and lime zest. Cut lime in half, juice over lamb. Cover and refrigerate for 30 minutes or overnight.

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook cutlets 6-7 minutes. (2 batches)

Serve with green leafy vegetables and baked sweet potato.

Note:

- Mirin is a sweet Chinese white wine.
- Mirin is available from good Asian grocery stores.

Pork.

Thyme & Rosemary Pork Medallions Serves 4

4 x 150- 200g pork butterfly medallions

2 Tablespoons olive oil

seasoned cracked black pepper

1 teaspoon dry thyme leaves

1 teaspoon dry rosemary leaves

Place pork medallions into a bowl, pour over olive oil, sprinkle over cracked pepper, thyme and rosemary. Coat the pork well. Allow pork to marinade for 30 minutes, longer if time prevails (preferably refrigerate overnight).

Pre- heat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook medallions two at a time for 6 minutes or cooked to your preference.

Serve medallions with creamy mashed potato and a tossed green salad.

Satay Skewers

Serves 4

500g pork meat, trimmed of fat and cut into 2cm strips.

1/2 cup thick ready made satay sauce

1/4 cup lemon juice

1 Tablespoon olive oil

1/4 teaspoon chopped chilli

2 Tablespoons freshly chopped coriander or parsley

2 Tablespoons finely chopped peanuts

Soak 12 bamboo skewers in water overnight.

Combine pork meat with satay sauce, lemon juice, olive oil, chilli, coriander and peanuts in a bowl. Marinate 30 minutes or preferably overnight.

Thread meat onto skewers.

Pre- heat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook (4) skewers at a time for 5 minutes or until tender.

Heat any remaining marinade over a low heat in a frypan until fragrant. Serve over skewers.

Serve with steamed jasmine rice topped with chopped coriander and finely chopped peanuts in olive oil.

Note:

- If you can't get a ready made satay mix together 1/4 cup peanut butter with 1 freshly chopped chilli or 1/4 teaspoon chilli paste or 1 tablespoon sweet chilli sauce.

Poultry.

Thai Style Chicken

4 large cloves garlic, peeled

3 cm piece ginger, peeled

2 large fresh green chilli

1/4 cup pure honey

Juice of a lemon

4 x 150-200g meaty chicken thigh fillets, fat and sinue removed, flatten to one thickness and score.

Combine garlic, ginger, chilli, honey, and lemon in a food processor until processed.

Spread this over the chicken. Marinate for 30 minutes or overnight.

Pre- heat grill for 3-5 minutes. Spray liberally with cooking spray. Cook fillets in two batches for 6-10 minutes or until cooked. Check if fillets are cooked by inserting a knife into flesh. Turn chicken after 3 minutes to make a cross grill-mark pattern.

Serve with steamed rice noodles topped with fresh herbs.

Serves 4

Mustard Seed & Tarragon Chicken Breasts Serves 4

4 large chicken breasts, fat and sinue removed, cut into 8 flat slices

2 Tablespoons wholegrain mustard

2 Tablespoons dijon mustard

1 Tablespoon dry tarragon leaves

Combine chicken with mustards and tarragon leaves. Marinate for 30 minutes, overnight or until required.

Pre- heat grill for 3-5 minutes. Spray with cooking spray. Cook chicken in batches 3- 4 minutes or until tender.

Serve chicken with a hot potato bake and steamed vegetables.

Seafood.

Oriental Snapper Fillets

Serves 4

500g snapper fillets

2 Tablespoons honey

Juice and zest of orange

3cm piece fresh ginger, grated

Roll the fillets and place onto a plate. In a small jug combine honey, orange zest and juice and add the grated ginger. Pour this over the fillets and marinate in the fridge until required.

Pre- heat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook fish fillets 4-6 at a time depending on size for 6-8 minutes until fish is flaky.

Serve fish with cooked noodles, steamed green vegetables and soy sauce.

Note:

- Fish suggestions: use any low-fat rock fish such as yellowtail, golden eye, stripped bass. Boneless white fish fillets such as ling or flake can be used.

Salmon and Potato Cakes

Serves 4

1 x 210g can pink or red salmon, drained and flaked

2 cups mashed potato, (not to wet)

1 green shallot, finely chopped

2 Tablespoons parsley (optional)

1 egg, lightly beaten

Sea salt and black pepper

1/2 cup breadcrumbs for coating

In a large bowl combine the salmon, potato, shallot, parsley, egg, salt and pepper. Scoop out (8) equal portions of mixture and form 8 balls. Roll in breadcrumbs. Place patties on a plate cover in plastic wrap, refrigerate overnight or for a few hours.

Pre- heat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook patties (4) at a time 5-7 minutes, until crispy and golden and hot in centre. Using a heat- proof spatula to remove the patties. Half way through cooking you may want to respray the top grill plate to prevent patties from sticking.

Serve salmon and potato patties with a green salad, lemon and mayonnaise.

Tandoori Prawn Skewers

Serves 4

24 raw king green prawns, shelled and deveined (leaving head and tails attached)

1/2 cup low fat yoghurt

1/2 cup tandoori paste

2 Tablespoons freshly chopped coriander or parsley

Lemon wedges and a Tzatziki dip for serving

Soak (8) bamboo skewers in water overnight. Thread 3 prawns per skewer. Place onto a plate. In a small bowl combine the yoghurt, tandoori paste and coriander. Spoon this over prepared prawns. Cover and refrigerate until required.

Pre- heat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook (4) skewers at a time. Cooking 3-5 minutes.

Serve prawn skewers on a bed of lettuce leaves with lemon wedges and tzatziki dip.

Note:

- Prawns can also be cooked in the grill not skewered.

Vegetable.

Healthy Bean Burgers

Serves 4

1 x 300g can 4 bean mix
2 cups cooked rice
1 red onion, finely chopped
2 Tablespoons finely chopped mixed herbs
Salt and pepper
1 Tablespoon ground tumeric
1 teaspoon saffron threads
2 eggs, lightly beaten
2 Tablespoons wholemeal plain flour
1/4 cup rice flour
2 Tablespoons sesame seeds
2 Tablespoons poppy seeds
Homestyle tomato chutney, to serve

In a large bowl mix together all of the ingredients. Spoon out approximately 2 Tablespoons of the mixture into the palm of your wet hand and roll together forming a pattie. Flatten slightly. Place onto a plate, cover and refrigerate until required. Make (8) patties.

Pre heat grill plates for 3-5 minutes. Spray grill plates with cooking spray and cook patties (4) at a time for 5-10 minutes or until crispy and golden.

Serve patties hot with a chunky homestyle tomato chutney.

Recipe suggestion:

- Serve patties on wholemeal seeded buns with baby rocket and spinach leaves and grilled onion.

Antipasto Vegetables

Serves 4

To make a decent sized platter for entertaining you will require approx 1.5kg variable vegetables. Here is list of vegetable suggestions for your antipasto platter;

1 bunch asparagus, trimmed
1 bunch spring onions, tops trimmed and cut to 10cm lengths, cut bulbs in half
1 small eggplant, cut into thin slices
1 small orange sweet potato, peeled and cut thinly into slices
2 small potato (kipler or pink fir apple), cut thinly into slices
1 zucchini, sliced
1 red capsicum, sliced (seeds removed.)
4 field mushrooms, cleaned
1/4 cup extra virgin olive oil
Sea salt and black pepper

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Grill vegetables in batches. Turning to make attractive grill marks. When tender remove from grill and wrap in foil. Drizzle in olive oil and sprinkle in salt and pepper. When vegetables are cold serve on a platter with a selection of cold deli meats, cheese's and a variety of breads.

Sandwiches.

Using your choice of breads and fillings the Sunbeam EasyClean Contact Grill will cook your favourite sandwich to perfection with out the need for added fats.

Pre-heat the Sunbeam EasyClean Contact Grill (CG2600) for approx 3 minutes. Cook sandwiches for 5-6 minutes or until crisp and golden.

Here are a few sandwich ideas;

Ham and cheese, parmesan and chicken, ham and relish, cheese and chutney, chicken and avocado, bacon and egg, steak sandwiches, salmon and tartare sauce, sausage and sourdough, steak and mushroom pide, chicken, salad and cheese lavish roll, turkey and cranberry bagels, Italian style focaccia's.

You can also use your EasyClean Contact Grill to grill ciabatta for bruschetta.

Don't forget that the grill can also cook sweet treats such as raisin or fruit breads with ricotta and honey or spread with nutella. Try peanut butter and Banana sandwiches.

Marinades.

Here are two marinades that can be used to flavour and tenderise 500g meat (beef or lamb), pork, poultry and seafood.

Island Style Marinade

1/2 cup hoisin sauce

1/4 cup tomato sauce

2 Tablespoons honey

2 Tablespoons soy sauce

1/4 teaspoon cracked black pepper

2 Tablespoons chopped chives

1 red chilli, chopped (optional)

Italian Style Marinade

1/2 cup white wine

2 Tablespoons olive oil

1/4 cup lemon juice

1 Tablespoon dry mixed herbs

1 garlic clove, peeled and sliced

Combine all marinade ingredients together in a bowl, mix well. Add meat to marinade, cover and refrigerate overnight or until required.

Drain marinade well before grilling. Heat reserved marinade in a pan until simmering for 1-2 minutes. Serve over grilled food.

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