

**After using the health grill:**

- Switch off the unit at the power outlet.
- Remove the plug from the power outlet and allow the health grill to cool down completely.
- Remove the drip tray and discard the accumulated debris safely. Do NOT discard this into the sink or a drain. Dispose of it as you do other kitchen refuse.

**INSIDE:**

- Replace the drip tray in the grill. Scrape the upper and lower plates with the provided scraper to remove any adhered particles of food. The scraper has indentations to fit the raised sections of the grill.
- Wipe plates with a clean absorbent cloth, sponge, or a length of kitchen roll.
- Any stubborn particles should be removed with a non metallic scrubbing pad.
- Finish off with a damp cloth and wipe the plates dry.
- Remove and empty the drip tray.

**OUTSIDE:**

- Wipe with a soft cloth which has been rinsed almost dry in warm soapy water, and dry with a soft cloth.

**DO NOT use abrasive chemicals steel wool, scouring or abrasive pads on the inside or outside of the grill.**

**SCRAPER AND DRIP TRAY:**

- Wash the scraper and drip tray in hot soapy water, rinse and dry thoroughly.

**Storage**

- After all the components have been cleaned and dried, store the grill and accessories safely out of direct sunlight and out of the reach of children.

**General Information**

Grilling is a good way to let fat and juices drip off meat. It also helps the meat to retain more B group vitamins than frying.

The health grill is easy to use and much quicker than a normal grill as both sides of the food cook at the same time.

Always make sure your food is thoroughly cooled. This is especially important with pork and poultry.

Use a recipe book to guide you, at least until you are familiar with the cooking processes.

**Suitable and Unsuitable Foods**

The grill is suitable for use with a wide range of foods

Food for grilling should not be too thick or irregular in shape, Steaks, bacon and gammon slices, sausages, boneless chicken breasts and similar food items are all suitable for grilling as are most vegetables providing they are sliced.

Chicken drumsticks, spare ribs, large chops with bones and awkwardly shaped food items are not suitable.

Sandwiches may be toasted in the grill though they will not be sealed as they would be in a normal sandwich maker.

**WARRANTY**

This health grill is intended only for normal household use.

The health grill must be properly installed and operated in accordance with these instructions. Failure to do this will invalidate the warranty.

Your appliance is covered by a warranty for 12 months from the date of purchase. If a fault develops during this period, please return the unit to your nearest Tesco store together with the original receipt as proof of purchase. This warranty in no way affects your consumer rights

# HG36

## Health Grill

## User Guide



## SAFETY GUIDE PLEASE READ CAREFULLY

Please follow all the safety precautions listed below for safety and to reduce the risk of injury or electrical shock.

- Read all the instructions carefully before using this appliance and keep them for future reference.
- Retain the manual. If you pass the product on to a third party, make sure to include this manual.
- Unplug the appliance from the mains supply when not in use, or before cleaning any part of the appliance.
- This appliance is for household use only.
- Do not use the appliance outdoors or in damp or wet conditions.
- Do not immerse the appliance or the electrical cord or plug in liquids.
- Do not use the appliance near a source of heat or on an unstable surface.
- Never let children operate this appliance. Close supervision is necessary when this appliance is used near children.
- Make sure that the power cord does not touch any hot surface or overhang the edge of your work surface.
- When unplugging the power cord, hold the plug top, not the power cord.
- Do not use attachments or accessories which are not recommended by the manufacturer. They may cause malfunction or injury.
- Store the appliance away from direct sunlight and out of the reach of children.
- DO NOT touch the grill surfaces when the appliance is operational. RISK OF BURNS
- The grill must be allowed to cool down completely before being handled
- Never insert any object or implement into the grill other than suitable food items. This may cause damage to the appliance and personal injury.
- There are no user serviceable parts in your health grill. Unauthorised dismantling or servicing will void the product warranty.
- Do not operate the appliance with a damaged cord or plug or after the appliance or any component has been damaged. Seek expert assistance.
- Do not use the appliance for any purpose not expressly specified in this manual
- **THIS APPLIANCE MUST BE ATTENDED AT ALL TIMES WHEN IT IS SWITCHED ON**

## ELECTRICAL INFORMATION

Before using this appliance ensure that the voltage of your electricity supply is the same as that indicated on the rating plate of the appliance. In the UK this is 230 - 240 Volts AC.

**THIS APPLIANCE MUST BE EARTHED.**

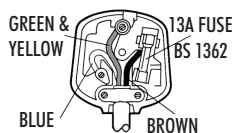
**WARNING:** If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid hazard.

The appliance cord is terminated with a UK approved mains plug fitted with a 13A fuse. If the fuse needs to be replaced, an ASTA or BSI approved BS1362 fuse rated at 13A must be used. If you change the mains plug, remove the fuse and dispose of the old plug safely *immediately* after cutting it from the cord.

The wires in the mains lead are coloured in accordance with the code: Blue: NEUTRAL Brown: LIVE Green & Yellow: EARTH.

As these colours may not correspond to the coloured markings identifying the terminals in your plug, proceed as follows:

The wire coloured BLUE must be connected to the terminal marked with the letter N or coloured BLUE or BLACK. The wire coloured BROWN must be connected to the terminal marked with the letter L or coloured BROWN or RED. The wire coloured GREEN & YELLOW must be connected to the terminal marked with the letter E or coloured GREEN or GREEN & YELLOW or marked with the Earth Symbol



## SPECIFICATIONS

Model: HG 36 Health Grill

Power: 220-240 Volts AC 50Hz, 1300W

## UNPACKING

Remove all packaging from the grill. Retain the packaging. If you dispose of it, do so according to any recycling regulations.

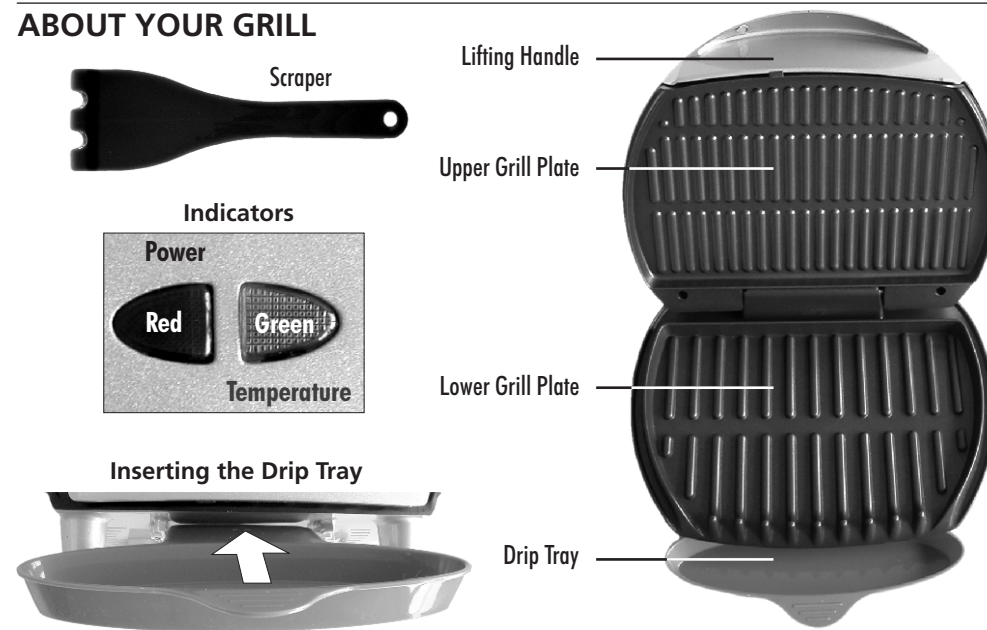
The packaging contains:

- The HG36 Health Grill
- Removeable Drip Tray and Plastic Scraper

If items are missing or damaged, contact your nearest Tesco store for assistance.



## ABOUT YOUR GRILL



## USING YOUR HEALTH GRILL

This appliance should be operated on a heat and stain resistant work top, or on a heatproof non plastic mat to prevent stains. In order to avoid possible fire hazards please keep areas above and around the grill clear.

### IMPORTANT NOTE:

*When switched on for the first time the grill may emit a small amount of vapour and light smoke - this is normal. The vapour will burn off safely within a few minutes.*

Using the appliance for the first time:

- Hold the recessed handle and lift the lid fully open.
- Wipe the upper and lower grill plates with a damp cloth containing a trace of dilute detergent. Remove all traces of detergent with a cloth damped with clean water. Dry the grill surfaces thoroughly.
- Brush a very small amount of oil carefully over the grill plates, making sure to cover the entire surface.  
*It may be necessary to repeat this operation occasionally after removing food which has adhered to the plates.*

## OPERATION

- Place the drip tray in the slot under the grill base.
- Plug the appliance into a wall electrical socket.
- Close the lid of the health grill.

## Preheating

- Ensure the lid is closed,
- Switch the power "ON". The Red power light and the Green temperature light in the lid will both come on.
- After about 5 minutes the correct operating temperature has been reached and the green light will extinguish.
- The grill is now ready for use.

**ONCE THE GRILL IS HOT, DO NOT MOVE IT UNTIL IT IS COOL**

## Grilling Food

- Open the lid fully.
- Place the food on the lower grill plate. The food should not overhang the grill but sit within the raised rim.
- Close the lid. The food will be held secure by the weight of the lid. **DO NOT PRESS THE LID OR FORCE IT SHUT.**
- Cook the food for the required amount of time.
- Near the end of the cooking time, it may be advisable to open the lid and check that the food is cooking properly.

*During operation, the temperature indicating light in the lid will go 'ON' and 'OFF'. This indicates the unit is functioning correctly.*

### When the food is cooked:

- Open the lid fully. Remove the food with a plastic or wooden spatula, or use the provided scraper. Close the lid.