

# KAMBROOK

GET MORE THAN YOU PAY FOR™

## Essentials Health Grill



## KAMBROOK SAFETY

Welcome to Kambrook and your new Essentials Health Grill.

At Kambrook we believe that the safe performance of our products is the first priority in any consumer product so that you, our valued customer, can confidently use and trust our appliances.

We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

### IMPORTANT SAFEGUARDS FOR YOUR KAMBROOK ESSENTIALS HEALTH GRILL

This appliance must not be operated by means of an external timer or a separate remote-control system.

Carefully read all instructions before operating the grill and retain them for future reference.

Remove any packaging material and promotional labels before using the grill for the first time.

Do not place the grill near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water.

Always switch off at the power outlet and then unplug when not in use. Allow all parts to cool before disassembling for cleaning.

Keep the exterior housing, non-stick cooking plates and drip tray clean. Follow the cleaning instructions provided in this book.

### IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

Unwind the cord fully before use.

To protect against electric shock, do not immerse the appliance, power cord or plug in water or any other liquid.

Do not let the power cord hang over the edge of a table, counter or bench tops, touch hot surfaces or become knotted.

This appliance is not intended for use by young children or infirm persons without supervision.

Young children should be supervised to ensure that they do not play with the appliance. Do not leave the appliance where children can touch hot surfaces.

It is recommended to regularly inspect the appliance. Do not use the appliance if the power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Kambrook Service centre for examination and repair. Please call 1300 139 798 for service centre details.

The appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats.

Do not use outdoors.

The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

***Note: Regularly inspect the power cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire appliance to the nearest authorised Kambrook Service Centre for examination, replacement or repair.***

## FEATURES OF YOUR KAMBROOK ESSENTIALS HEALTH GRILL



1. 1500 watts of power for fast heat up and quick toasting and grilling.
2. Non-stick ribbed cooking plates for healthy cooking.
3. 'On' and 'Ready' lights indicate when grill is heating and ready to use.

4. Drip tray for healthy, low fat cooking and is easily removed for cleaning.
5. Cord storage in base.
6. Plastic spatula included.

## USING YOUR KAMBROOK ESSENTIALS HEALTH GRILL

Before first use, remove any packaging material or promotional labels.

Wipe the housing and cooking plates with a damp cloth then dry thoroughly.

Place grill on a dry level surface.

Before using your Essentials Health Grill for the first time, season the non-stick ribbed cooking plates with a little vegetable oil and rub off the excess with absorbent paper.

Plug into a 230/240 volt power outlet and then turn the power on. The red 'on' light will illuminate.

When using the Kambrook Essentials Health Grill for the first time you may notice a fine smoke haze. This is caused by the heating of some of the components. There is no need for concern.

Allow the Kambrook Essentials Health Grill to preheat until the green 'Ready' light illuminates.

Place meat or foods to be cooked on base cooking plate and close the lid. The grill can be used with the lid closed or open depending on the food being grilled.

*NOTE: It is not recommended to cook any items with thick bones such as T bone steaks because they prevent the meat coming into contact with the cooking plates.*

**IMPORTANT:** Always ensure that the drip tray is in place when using the Kambrook Essentials Health Grill.

When your meat or food is finished cooking open the lid. Remove the food with a heat proof plastic slide or heat proof plastic tongs.

Never use metal tongs, forks or a knife as these can cause damage to the non-stick coating of the cooking plates.

*NOTE: The green 'Ready' light will cycle on and off during the cooking process indicating that the correct temperature is being maintained.*

*NOTE: Always allow the Kambrook Essentials Health Grill to preheat until the green 'Ready' light illuminates.*

## MAINTAINING YOUR KAMBROOK ESSENTIALS HEALTH GRILL

### Cleaning the grill

Always clean your Kambrook Essentials Health Grill after each use to prevent a build up of baked on foods.

Before cleaning, turn the power off at the power outlet and then unplug.

Allow your Kambrook Essentials Health Grill to cool slightly. The grill is easier to clean when slightly warm.

To clean the top and bottom ribbed cooking plates, you can use the plastic cleaning scraper provided and run the scraper along the ribs. Wipe cooking plates excess food with a damp soft cloth. For baked on food residue, squeeze some warm clean water mixed with detergent over the food residue then use the plastic scraper, allowing the water to drain into the drip tray. Wipe with a soft damp cloth and dry thoroughly.

**⚠ WARNING: DO NOT IMMERSE ANY PART OF THE KAMBROOK ESSENTIALS HEALTH GRILL, PLUG OR POWER CORD IN WATER OR ANY OTHER LIQUID.**

*NOTE: The cooking plates have a non-stick coating. Do not use abrasives or metal utensils to remove food residue as they will scratch and damage the coating.*

*NOTE: Do not use non-stick cooking sprays spray or coatings as this will impact the performance of the cooking plates.*

### Cleaning the drip tray

After each use, wash the drip 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 dry cloth and for next use.

### Storage

Switch off the grill and unplug from the power outlet. Allow to cool completely.

Follow cleaning instructions and ensure the appliance is completely dry.

Insert the drip tray into position and wrap power cord around cord storage area under the grill.

Store grill on a flat, dry, level surface. Do not place anything on top of the grill.

*NOTE: For convenience the grill may be stored in an upright vertical position.*

## GRILLING GUIDE

### Guide to closed grilling

Closed grilling is a fast and efficient way to cook. This method will work only for certain food items, that are thick enough to come into contact with both grill plates.

As the thickness of meat and other ingredients vary so will some of these cooking times.

*NOTE: It is not recommended to cook items with thick bones such as T-bone steaks because they prevent the meat contacting the cooking plates.*

Ingredient and type	Approximate cooking time
Beef - sirloin steak - hamburgers	4 minutes for medium rare / 6-8 minutes for well done 4-6 minutes
Pork - scotch fillet - loin cutlets	6-8 minutes or until cooked through 6-8 minutes or until cooked through
Lamb - leg chops - cutlets - loin	4-6 minutes 5 minutes 6-8 minutes
Chicken - breast - thigh	8 minutes or until cooked through 6 minutes or until cooked through
Filled Focaccia	3-4 minutes
Grilled Sandwich	3-4 minutes

### Guide to open grilling

Open grilling is a gentler way of grilling more delicate foods. Open grilling also accommodates foods which are not the right shape to fully come into contact with the upper grill plate.

Preheat the grill with the lid closed, then open the grill and place the food onto the bottom plate. Turn food as it cooks with a heat proof plastic food slice or heat proof plastic tongs. Do not use metal utensils.

## RECIPES

### THAI CHICKEN BURGER (SERVES 2)

1 x 200g chicken breast sliced into two

½ cup (125ml) sweet chilli sauce

¼ iceberg lettuce, finely shredded

½ medium red chilli, finely sliced

½ ripe avocado

¼ bunch coriander

2 crusty rolls

2 slices tasty cheese

Marinate the sliced chicken breast in sweet chilli sauce for 1-4 hours.

Mix the lettuce and chilli together.

Peel avocado and mash with a fork.

Remove coriander leaves from stems, rinse and dry.

Place the drained chicken on to the preheated Kambrook Essentials Health Grill. Close the lid and cook for 4 minutes or until the chicken is cooked through.

Slice the rolls open and spread cut surfaces with avocado.

Place onto serving plates and add the lettuce and chilli mixture.

Layer the cheese on the top of the lettuce, then the cooked chicken and sprinkle with coriander.

Note: *Chicken can be sliced diagonally before serving and rolls can be served open or closed, if desired. Serve immediately.*

### AUSSIE BEEF BURGER (SERVES 4)

600g beef mince

1 brown onion finely sliced

1 x 60g egg

½ cup bread crumbs

½ cup finely chopped parsley and chives

Salt and pepper (optional)

2 bacon rashers, trimmed

4 hamburger buns

¼ iceberg lettuce, shredded

1 ripe tomato, sliced

4 slices cheddar cheese

Combine mince, onion, egg, bread crumbs and herbs in a bowl to make the hamburgers, add freshly ground pepper and salt to taste.

Divide mince mixture into 4 and shape into hamburger patties, cover and chill in refrigerator with 20 minutes.

Place hamburger patties onto the preheated Kambrook Essentials Health Grill. Close the lid and cook for 4-6 minutes.

Remove the patties when cooked and keep warm. Place bacon on the grill and cook for 4 minutes or until cooked.

Slice the buns, top the lower bun halves with lettuce and sliced tomato, then add the cooked hamburger patty. Place the cheese slices onto the meat patties and then the cooked bacon. Cover with the top bun halves. Serve with your favourite sauce.

## **ORANGE AND PEPPER PORK (SERVES 4)**

1 cup (250ml) orange juice  
¼ cup brown sugar  
1 tablespoon whole green peppercorns  
2 cloves  
1 teaspoon ground black pepper, optional  
4 pork loin cutlets

Combine orange juice and brown sugar in a bowl and stir until the sugar is dissolved. Add the peppercorns, cloves and black pepper if desired.

Layer the pork cutlets in a shallow dish, pour the combined mixture over, cover and refrigerate for 30 minutes.

Drain pork chops and retain marinade. Place the drained pork cutlets on to the preheated Health Grill. Close the lid and cook for 6-8 minutes or until cooked through.

Place reserved marinade in a small saucepan and bring to the boil. Drizzle marinade over the pork chops just before serving.

Serve with either vegetables or salad.

## **FOCACCIA WITH SMOKED TURKEY, CRANBERRY AND CAMEMBERT CHEESE**

4 thin focaccia rolls, cut in half  
Butter or margarine, if desired  
4 slices smoked turkey breast  
2 tablespoons cranberry sauce  
1 cup snow pea sprouts  
1 small camembert cheese, cut into thin slices

Lightly spread the cut side of the rolls with butter or margarine. Layer the lower halves of the rolls with turkey slices, spread with cranberry sauce and top with snow pea sprouts and camembert cheese slices. Cover with top halves.

Place rolls, one at a time, onto the preheated grill, close lid and allow top plate to gently rest on top of roll.

Toast for 3-4 minutes or until cooked to your liking.

## **LEG HAM AND SEEDED MUSTARD ON WHOLEMEAL**

8 slices thick wholemeal bread  
Butter or margarine, if desired  
4 slices leg ham  
2 tablespoons seeded mustard  
1 avocado, peeled and thinly sliced  
4 cos lettuce leaves

Lightly spread the cut side of the rolls with butter or margarine. Layer the lower halves of the rolls with ham slices, spread with mustard and top with sliced avocado and cos lettuce. Cover with top halves.

Place sandwiches, one at a time, onto the preheated grill, close lid and allow top plate to gently rest on top.

Toast for 3-4 minutes or until cooked to your liking.

## **LAVOSH WITH SMOKED SALMON AND CAPERS**

4 slices Lavosh or similar flat bread  
4 tablespoons cream cheese  
8 slices smoked salmon  
4 shallots, peeled and sliced finely lengthwise  
1 tablespoon capers, drained and chopped  
Juice of 1 lemon  
Freshly ground black pepper

Lightly spread the Lavosh slices with cream cheese. Layer one half of each Lavosh slice with 2 slices smoked salmon, top evenly with shallots and capers and lightly drizzle with lemon juice. Sprinkle with black pepper if desired

Roll Lavosh slices, from the filled end, into a firm but not tight roll.

Place Lavosh rolls, one at a time, onto the preheated grill, close lid and allow top plate to gently rest on top of roll.

Toast for 3-4 minutes or until cooked to your liking.

Remove from grill and cut in half. Wrap the lower section of each half in a paper napkin and serve immediately.

## KAMBROOK 12 MONTH REPLACEMENT WARRANTY

Kambrook warrants the purchaser against defects in workmanship and material for a period of 12 months from the date of purchase (3 months commercial use).

Guarantee and purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the Kambrook guarantee.

Kambrook reserves the right to replace or repair the appliance within the warranty period.

Warranty does not apply to any defect, deterioration, loss, injury or damage occasioned by, or as a result of the misuse or abuse, negligent handling or if the product has not been used in accordance with the instructions. The guarantee excludes breakages and consumable items such as kneading blades.

This warranty is void if there is evidence of the product being tampered with by unauthorised persons.

If the product includes one or a number of accessories only the defective accessory or product will be replaced. In the event of Kambrook choosing to replace the appliance, the guarantee will expire at the original date, i.e. 12 months from the original date of purchase.

In Australia, this KAMBROOK Guarantee is additional to the conditions and guarantees which are mandatory as implied by the Trade Practises Act 1974 and State and Territory legislation.

For service, spare parts or product information in Australia, please call KAMBROOK on the Customer Service Line; 1300 139 798.

For service, spare parts or product information in New Zealand, please call KAMBROOK New Zealand; 0800 273 845. For spare parts phone 0800 273 845.

If claiming this guarantee the product must be returned freight prepaid.

YOUR PURCHASE RECORD (Please complete)

Attach a copy of the purchase receipt here.

DATE OF PURCHASE \_\_\_\_\_

MODEL NUMBER \_\_\_\_\_

SERIAL NUMBER \_\_\_\_\_

PURCHASED FROM \_\_\_\_\_

(please don't return purchase record until you are making a claim)

**KAMBROOK**  
THE ORIGINAL MIXER

### **Kambrook - Australia**

461 Plummer Street, Port Melbourne, 3207, Australia

Customer Service Line 1300 139 798

Customer Service Fax 1800 621 337

### **Kambrook - New Zealand**

Private Bag 94411, Greenmount, Auckland, New Zealand

Customer Service Line/Spare Parts 0800 273 845

Customer Service Fax 0800 288 513