

Sunbeam

Café Contact Grill & Sandwich Press

INSTRUCTION/RECIPE BOOKLET

THIS BOOK COVERS THE USE AND CARE OF THE FOLLOWING SUNBEAM PRESS/GRILL:
CAFE CONTACT GRILL & SANDWICH PRESS (GC7800)



PLEASE READ THIS BOOK THOROUGHLY AND RETAIN FOR FUTURE REFERENCE.

GC7800

Sunbeam's Safety Precautions.

SAFETY PRECAUTIONS FOR YOUR CAFÉ CONTACT GRILL & SANDWICH PRESS.

- 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/press when in use.
- Ensure you use the handle to open the top grill/press plate. Avoid touching hot surfaces.
- This grill/press may generate steam from between the grill plates while cooking and when the top plate is opened.
- Take care when removing food from the grill/press.

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 اعلاه

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 یکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

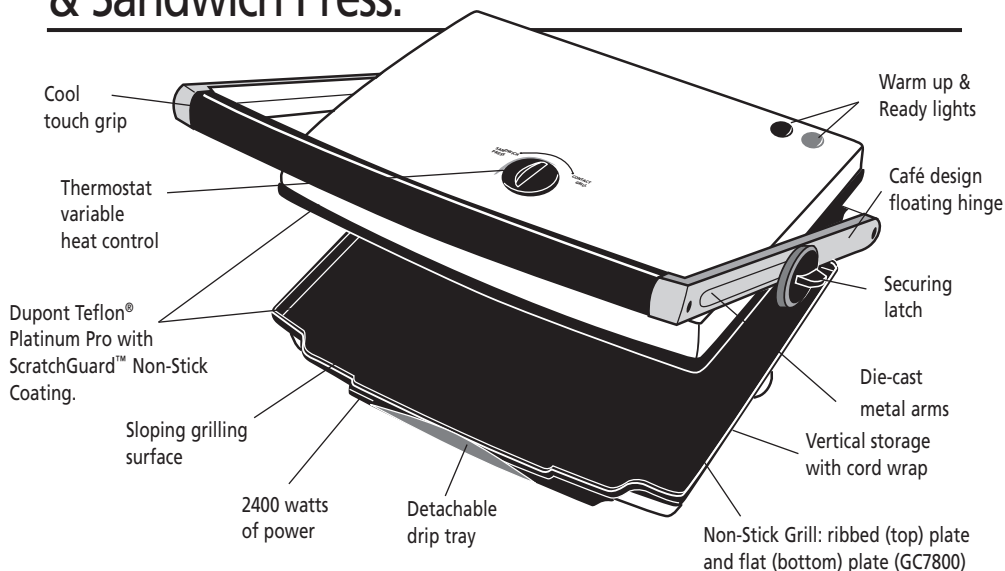
Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

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

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Features of your Café Contact Grill & Sandwich Press.



Dupont Teflon® Platinum Pro with ScratchGuard™ Non-Stick Coating.

Safe to use with metal utensils. Up to 10 times more scratch-resistant than other non-stick coatings.

Café-design floating hinge system.

The café-design floating hinge system adjusts to grill foods of varying thicknesses; from vegetables to thick steaks. Also perfectly toasts any size snacks from toasted bread to Turkish or foccacia.

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.

Thermostat heat settings.

Thermostatically controlled temperature settings. 2 variable settings; Contact Grill (for grilling meats and vegetables) and Sandwich Press (for toasting breads: foccacia or Turkish).

Non-stick grill (top) plate. & Non-stick flat (bottom) plate.

The high grade non-stick cooking plates are flat on the bottom and ribbed on the top of the Café Contact Grill and Sandwich Press. Searing meat on both sides at the same time for fast healthy cooking. The non-stick plates make for easy wipe down cleaning; ingredients do not stick, sandwiches remove easily and simply wipe down after use.

Warm up and Ready lights.

'Warm up' light indicates when the Café Grill/Press is switched on and heating and the 'Ready' light indicates that it is ready to use.

Securing latch.

The securing latch is located on the side of the cast metal arms and is used to lock the cooking plates together when the Café Grill/Press is in storage.

2400 watts.

The Café-quality grill/press is high powered with 2400 watts of commercial power for super fast heating and more superior consistent grilling.

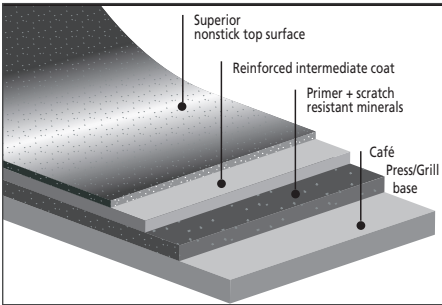
Vertical storage with cord wrap.

The cord simply wraps around the legs enabling the product to be stored conveniently in the upright position.

Features of your Café Contact Grill & Sandwich Press.

DuPont Teflon® - Platinum Pro with ScratchGuard™ Non-Stick Coating
 Your Sunbeam Café Contact Grill and Sandwich Press features DuPont's toughest non-stick coating produced to date - Platinum Pro with ScratchGuard.

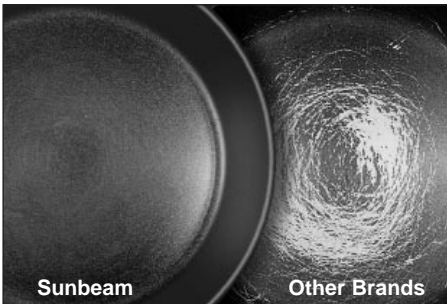
DuPont is the world leader in non-stick coatings with the introduction of Teflon dating back to 1938. Today more than 2 billion households have Teflon non-stick coated cookware.



Platinum Pro with ScratchGuard - 3 layer scratch resistant coating

Teflon Platinum Pro is a premium 3 layer non-stick coating. It features special scratch resistant minerals causing metal utensils to slide over these particles without damaging the Teflon matrix.

This preserves the release properties of the non-stick coating during the life of the Café Contact Grill and Sandwich Press.



Results from DuPont's 'In-house Cooking Abuse Test'

The end result is a non-stick coating that can be treated like ordinary cookware, enabling the use of metal utensils such as spatulas and spoons, but not sharp utensils. So tough is the new Teflon Platinum Pro coating that it is up to 10 times more scratch resistant than other non-stick coatings*.



The image shows here is an example of the performance of Teflon Platinum Pro against an 'other' non-stick coating. Each surface has undergone 5 cycles of the DuPont In-House Abuse Test. The Teflon Platinum Pro only has some surface scuffing, whereas the 'other' non-stick coating has deteriorated badly.

** The images shown here and performance claims are based upon the DuPont In-House Cooking Abuse Test used to evaluate scratch resistance and release properties of non-stick coatings.*

****NOTE: The DuPont Teflon® Platinum Pro with ScratchGuard™ is only available on certain models.**

Using your Café Contact Grill & Sandwich Press.

Before using your Café Contact Grill and Sandwich Press

Before using your Grill/Press for the first time, the non-stick cooking plates must be seasoned. Turn the power ON and pre-heat 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 Café Contact Grill and Sandwich Press 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 Café Contact Grill and Sandwich Press

1. Plug the power cord into a 230-240 volt AC power outlet.
2. Turn the power ON.
3. Select your desired temperature setting to suit the type of food you wish to cook. Turn the temperature dial to Contact Grill or Sandwich Press.
4. Preheat until the Ready light (green) illuminates.

Note: The Café Contact Grill and Sandwich Press can be used to grill foods with the top plate opened or closed.

5. After you have completed grilling or toasting, turn the power OFF.

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

Grilling Meats and Vegetables

Note: Always turn your temperature dial to Contact Grill and, pre-heat 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 (if desired), by pulling down the cast metal arms. The café-design floating hinge system will adjust automatically ensuring the top cooking plate lies evenly on your food for perfect grilling everytime.

3. If desired halfway through cooking turn your food over to achieve attractive 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 high grade 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 metal objects as this will damage the non-stick surface.

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

Caution: Do not touch the outside of the top of the grill/press, when in use. Ensure you use the handle to open the top grill plate. Avoid touching hot surfaces. This grill/press 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.

Toasting Sandwiches and Focaccia's

Note: Always turn your temperature dial to Sandwich Press and pre-heat 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.
5. Allow the sandwiches to toast for approximately 3 minutes, depending on the bread, filling and personal taste. Your Café Contact Grill and Sandwich Press toasts both sides of bread at the same time.
6. Preparation cross contamination separate prepared – meat, poultry, seafood and vegetables.

Hints for best results when grilling.

1. Tender cuts of meat such as scotch fillet and sirloin are ideal for grilling. Tougher cuts of meat such as topside or blade steak will tenderise if marinated for a few hours or overnight.
2. Avoid overcooking meat as the texture will toughen.
3. Recommended cuts;
Beef = Sirloin, Rump, Rib Eye. Fillet or T-Bone
Lamb = Leg Steak, Fillet, Loin or Cutlets
Pork = Butterfly Steaks, Spare Ribs, Leg Steaks or Fillets
4. You can also grill diced meat on skewers for Kebabs.
5. The Café Contact Grill and Sandwich Press can grill meats over 1 inch (2.5cm) thickness with ease.
6. Ideal for cooking a variety of meats, including beef, fish and poultry. Take care when grilling fish, use a plastic spatula.
7. The sloping grilling surface allows the fats and juices to drain into the drip tray for healthy, fat free cooking.
8. When cutting meats, chicken, vegetables and or seafood for kebabs, cut evenly and uniform in size to ensure even cooking.
Never cross - contaminate foods: Do not cut raw vegetables and raw meats with the same knife or on the same chopping board. Try to use separate chopping boards for meats, vegetables and seafood.
Do not cut cooked meats on the same chopping board as you prepared the raw meat unless the board and knife have been thoroughly sanitised and cleaned in hot soapy water.
9. The large non-stick flat (bottom) cooking plate is ideal for cooking a variety of foods such as eggs, bacon, mushrooms, tomatoes and onions.

Hints for best results when toasting snacks.

1. Breads with a high sugar content (fruit loaf, etc.) will toast more quickly than plain sandwich breads.
2. Any type of bread can be used, white, wholemeal, kibbled wheat or wholegrain.
3. For sweet snacks, sprinkle castor sugar over the buttered sides of the bread.
4. When using raisin bread, brioche or other sweet breads which contain a high sugar content, keep in mind that they will brown much more quickly than other breads.
5. For a wholesome meal, large pieces of focaccia bread may be toasted with desired filling.
6. Bread rolls may also be toasted with desired filling.
7. For a light snack savoury or sweet bagels may be toasted with desired filling.
8. Be careful when biting into sandwiches containing fillings such as cheese, tomato or jam as they retain heat and can burn if eaten too quickly.
9. It is not necessary to butter the outside of all breads as the Café Press/Grill has non-stick cooking plates. However, to encourage even browning of bread or when using stale bread, spreading with a small amount of butter is recommended.

Sunbeam is a registered trademark. Sunbeam Café Grill 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.*

Care and Cleaning.

DuPont Teflon® Platinum Pro Non-stick Coating

Your Café Grill/Press features a special scratch and abrasive-resistant non-stick coating that makes it safe to use metal utensils when cooking.

Regardless of this fact Sunbeam recommends that care is taken with the non-stick coating particularly when using metal utensils.

Do not use sharp objects or cut food on top of the Café Grill/Press. Sunbeam will not be liable for damage to the non-stick coating where metal utensils have been misused.

When cleaning the non-stick coating do not use metal (or other abrasive) scourers. After cleaning, dry the Café Grill/Press and lid thoroughly with a soft cloth before storing.

Always turn the power OFF and **REMOVE** the plug from the power point before 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, therefore little cleaning is required. Once cooled, simply wipe the cooking plates with a dampened cloth.

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

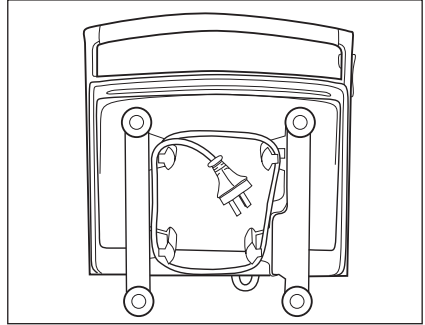
Do not place your Café Grill/Press in a dishwasher.

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 Café Grill/Press will store in an upright position in cupboards, shelves or on the bench top. Simply bring the plates together and located on the right cast metal arm, turn the securing latch. This will lock the plates together.



Always allow the grill/press to cool after use. Once cooled, you can 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.

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

Do not immerse your Café Contact Grill and Sandwich Press in water or any other liquid.

Do not place your Café Contact Grill and Sandwich Press in a dishwasher.

To clean the exterior

Simply wipe over with a dampened cloth and polish dry with a dry soft cloth.

Contact Grill Recipes

Turn temperature control to
Contact Grill Setting

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.

Pepper Steak

Serves 4

4 pieces thin fillet steak
2 tablespoons crushed black peppercorns
Sauce
30g butter
 $\frac{3}{4}$ cup dry white wine
1 tablespoon brandy

Press the crushed pepper into the steak on both sides. Refrigerate steaks for 1 hour.

Pre-heat Contact Grill for 3-5 minutes.

Spray grill plates with cooking spray. Cook steaks for 10-12 minutes or as desired.

Combine butter, wine and brandy in a saucepan over low heat. Bring to the boil. Strain through a fine sieve.

Serve sauce over steak.

Beef.

Thai Style Beef Salad

Serves 4

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

Salad

3 cups mesclun lettuce leaves

12 mixed cherry tomatoes (red, yellow green), quartered

1 Lebanese cucumber, thinly sliced on the diagonal

1 small Spanish onion, thinly sliced

1/2 cup fresh mint leaves, roughly chopped

1/2 cup fresh coriander leaves, roughly chopped

1/2 cup dry roasted cashew nuts

Salad dressing

1/4 cup caster sugar

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 (6) at a time in two batches for 8-10 minutes each batch. 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.

Lamb.

Thai Lamb Cutlets

Serves 5

10 Lamb cutlets

$\frac{3}{4}$ cup satay sauce

$\frac{1}{4}$ teaspoon ginger

$\frac{1}{4}$ teaspoon crushed garlic

Pre-heat Contact Grill for 3-5 minutes.

Combine satay sauce, ginger and garlic together.

Best to marinate in sauce overnight.

Spray grill plates with cooking spray. Cook for 8-10 minutes each side, brushing with satay sauce.

Serve with boiled fragrant rice or mixed salad leaves.

Greek Lamb Souvlaki

Serves 6

700g trim lamb, diced

10 kebab skewers, soaked in water

Marinade

$\frac{1}{2}$ cup lemon juice

1 teaspoon olive oil

1 tablespoon fresh oregano, chopped

1 teaspoon fresh rosemary, chopped

2 teaspoons crushed garlic

Pre-heat Contact Grill for 3-5 minutes.

Combine all ingredients of marinade together.

Spray grill plates with cooking spray. Thread diced lamb onto 10 kebab skewers. Place skewers in a deep dish and pour marinade over skewers.

Cook skewers for 10 minutes or until cooked.

Serve with Greek salad and hot crusty bread.

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 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 (6) skewers in two batches for 5 minutes each batch 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.

Sweet Pork Medallions

Serves 4

4 Pork Loin Medallion Steaks

Marinade

1/2 tablespoon honey

2 tablespoons soy sauce

1 teaspoon chilli sauce

1/4 teaspoon oil

Combine all ingredients for marinade in a saucepan and stir over low heat until honey has dissolved.

Place pork in a flat dish and pour marinade over steaks. Refrigerate for 2 hours.

Pre-heat Contact Grill for 3-5 minutes.

Cook for 10-12 minutes or until cooked.

Serve on a bed of pasta or rice.

Poultry.

Thai Style Chicken

Serves 4

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 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.

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 for 3- 4 minutes or until tender.

Serve chicken with a hot potato bake and steamed vegetables.

Honey and Soy Chicken Nibbles

Makes 20

10 chicken wings
2 tablespoons vegetable oil
2 cloves garlic, peeled and finely chopped
1 teaspoon finely grated ginger
1/2 cup soy sauce
1/4 cup honey
1/4 cup dry sherry
1/2 teaspoon five spice powder
Fresh ground pepper to taste

Pre-heat Contact Grill for 3-5 minutes.

Remove and discard wing tips. Cut wings in half at the joint.

Combine all other ingredients in a small deep bowl.

Dip each wing into the marinade. Spray grill plates with cooking spray.

Cook for 15-20 minutes or until cooked throughout.

Chicken Vegetable Kebabs

Serves 4

8 kebab skewers, soaked in water
2 large chicken breasts, cubed
2 baby squash, quartered
4 cherry tomatoes, halved
4 mushrooms halved
1/2 yellow capsicum, chopped in 2 x 2cm pieces

Marinade

1/4 cup lemon juice
2 tablespoons soy sauce
1 clove crushed garlic

Pre-heat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray.

Thread chicken cubes onto skewers alternatively with squash, tomatoes, mushrooms and capsicum.

Combine marinade ingredients and brush over kebabs.

Cook kebabs for 8-10 minutes or until desired. Continually brush kebabs with marinade.

Seafood.

Oriental Snapper Fillets

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

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.

Serves 4

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.

Seafood.

Garlic Prawns

Serves 4

1kg green prawns, shelled and deveined

1/2 cup olive oil

2 cloves garlic, crushed

1 tablespoon chopped parsley

Fresh ground pepper to taste

Place all ingredients into a bowl and marinate for 2 hours.

Pre-heat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray. Cook prawns for 8-12 minutes or until cooked throughout, occasionally brushing with marinade.

Stuffed Calamari

Serves 4

8 small squid/calamari tubes, cleaned

Stuffing

1 cup breadcrumbs

1/2 cup parmesan cheese, grated

1 1/2 teaspoons crushed garlic

1 egg

Salt and pepper to taste

Combine all stuffing ingredients in a small bowl. Using your hand, mix ingredients together until well combined. If mixture appears too dry, add a few drops of water.

Pre-heat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray.

Place teaspoonfuls of stuffing into each tube. Secure end with a toothpick.

Place calamari onto the Contact Grill and cook for 10-15 minutes or until cooked throughout.

Remove toothpicks before serving.

Mediterranean Octopus

Serves 4

1kg baby Octopus

Marinade

1/4 cup each of green, yellow and red pepper, finely chopped

1/2 cup soy sauce

1 tablespoon oil

2 tablespoons chopped fresh oregano

1/2 cup lemon juice

1 clove garlic, crushed

3 tablespoons dry red wine

Remove and discard heads and beaks from octopus. Place in a bowl.

Combine all marinade ingredients and pour over octopus. Refrigerate for an hour.

Pre-heat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray. Cook octopus for 15-20 minutes or until tender.

Seafood.

Barbecued Snapper

1 medium sized snapper
3 tablespoons oil
2 tablespoons vinegar
1 tablespoon soy sauce

Pine nut filling

3 bacon rashers, chopped
1/3 cup pine nuts
2 shallots, chopped
2 cups stale breadcrumbs
1/4 cup sour cream
1 tablespoon chopped fresh chives

Pine nut filling

Fry bacon on flat hotplate of Contact Grill until crisp.

Combine remaining ingredients in a small bowl and add bacon. Mix until well combined.

Snapper

Trim fins from the gutted fish. Snip the backbone, tail and head with scissors. Run fingers under the rib bones and pull backbone gently with your fingers. Remove backbone from fish. Stuff fish with pine nut filling and brush with combined oil, vinegar and soy sauce.

Pre-heat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray.

Cook fish for 20-25 minutes or until cooked throughout.

Serves 4

Citrus Salmon

4 pink salmon cutlets
Salt and pepper to taste

Marinade

Juice of 1 lime
Juice of 1 lemon
1 tablespoon chopped chives
2 cloves garlic, crushed
1 tablespoon olive oil

Place cutlets in a shallow dish.

Combine ingredients together and pour over cutlets. Refrigerate for 2 hours.

Pre-heat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray. Cook salmon for 8-10 minutes continuously brushing with marinade.

Season with salt and pepper to taste.

Serves 4

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.

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.

Sandwich Press Recipes

Turn temperature control
to Sandwich Press Setting

Flavoured Spreads.

You can add variety and interest to your toasted sandwiches by spreading the outside of the bread with a flavoured butter. Then add a complementary filling and toast. Store unused portion in the refrigerator.

Cinnamon Butter

60g butter, softened

1/4 cup castor sugar

1/4 teaspoon ground cinnamon

Combine all ingredients until smooth.

Honey Butter

60g butter, softened

1/4 cup honey

Combine all ingredients well.

Garlic Butter

60g butter, softened

1 clove garlic, crushed

pepper to taste

Place all ingredients in a bowl and combine well.

Herb Butter

60g butter, softened

3/4 teaspoon herb eg. dill, oregano, chives

fresh ground pepper to taste

Combine all ingredients well.

Curry Butter

60g butter

1/2 teaspoon curry powder

2 teaspoons chutney

Combine all ingredients well.

Delicious on ham or chicken toasted sandwiches.

Toasted Snacks.

NOTE: *These recipes make 2 sandwiches, to make 4 sandwiches double the quantity*

Bacon and Egg Sandwiches

2 rashers bacon, rind removed and finely chopped

1 tablespoon finely chopped shallot

2 eggs, lightly beaten

pepper and salt to taste

4 slices bread, buttered

Pre-heat your Café Sandwich Press. Place 2 slices of bread, buttered side down onto the Café Sandwich Press. Combine bacon, seasoning, shallot and egg mixture onto the bread. Cover with remaining bread slices and cook for approximately 4 minutes, or until golden.

Herbed Tomato Sandwiches

2 tablespoons chopped fresh basil

1/2 tomato, sliced

1/2 onion, thinly sliced

1/4 cup cottage cheese

4 slices bread, buttered

Pre-heat your Café Sandwich Press. Combine basil, tomato, onion, and cottage cheese. Assemble sandwiches and cook for approximately 3 minutes, or until golden brown.

Golden Hawaiian Sandwiches

2 slices tasty cheese

2 rings tinned pineapple

1/2 cup chopped ham

4 slices bread, buttered

Pre-heat your Café Sandwich Press. Place 2 slices of bread, buttered side down, onto the Café Sandwich Press. Add cheese, pineapple rings and chopped ham onto bread. Cover with remaining slices of bread buttered side up. Cook for approximately 3 minutes, or until golden brown.

Chicken and Walnut Sandwiches

1 cup cooked chicken, chopped

2 tablespoons chopped walnuts

2 tablespoons chopped celery

1 tablespoon sultanas

2 tablespoons mayonnaise and

4 slices bread, buttered

Pre-heat your Café Sandwich Press. Combine chicken, walnuts, celery, sultanas and mayonnaise. Divide mixture and assemble sandwiches. Cook for approximately 3 minutes or until golden brown.

Corn and Ham

1 x 310g can creamed corn

4 slices ham, finely chopped

4 slices bread, buttered

Pre-heat your Café Sandwich Press. Place 2 slices of bread into the Café Sandwich Press, spoon in combined creamed corn and ham strips. Assemble sandwiches and cook for 4-5 minutes, or until golden brown.

Asparagus and Cheese

1 x 310g can asparagus spears

1/2 cup tasty cheese grated

Ground black pepper, to taste

4 slices bread, buttered

Pre-heat your Café Sandwich Press. Place 2 slices of bread into Café Sandwich Press. Lay asparagus spears over the bread and sprinkle with cheese and black pepper. Assemble sandwiches and cook for 4-5 minutes, or until golden brown.

Gourmet Delights.

For a toasted snack that is a little different and a real treat, substitute sliced bread with focaccia bread, Turkish bread, pita bread or bagels.

Italian Special

8 thin slices Italian salami

6 Sundried tomatoes

1/2 cup ricotta cheese

6 capsicum rings

2 large pieces focaccia bread, halved.

Pre-heat your Café Sandwich Press. Assemble ingredients onto bread and place in Café Sandwich Press. Cook for approximately 3 minutes, or until golden brown.

Greek Savoury

1/2 cup fetta cheese, crumbled

1/2 cup tasty cheese, grated

1/2 cup cooked spinach, (packed spinach is fine)

2 large pieces focaccia bread, halved.

Pre-heat your Café Sandwich Press. Assemble ingredients onto bread and place in Café Sandwich Press. Cook for approximately 4 minutes, or until golden brown.

Gourmet Express

1/2 cup Avocado, sliced

4 slices swiss cheese

1 tomato, sliced

4 slices leg ham

2 large pieces Turkish bread, halved.

Pre-heat your Café Sandwich Press. Assemble ingredients onto bread and place in Café Sandwich Press. Cook for approximately minutes, or until golden brown.

Bagel Combo

2 rashers bacon, grilled

Roasted red capsicum pieces

1/4 cup cottage cheese

2 bagels, halved

Pre-heat your Café Sandwich Press. Assemble ingredients onto bread and place in Café Sandwich Press. Cook for approximately 4 minutes, or until golden brown.

Salmon Hat

1/4 cup cream cheese

4 slices smoked salmon

1 tablespoon capers

2 bagels, halved

Pre-heat your Café Sandwich Press. Assemble ingredients onto bread and place in Café Sandwich Press. Cook for approximately 4-5 minutes, or until golden brown.