

# KAMBROOK

THE SMARTER CHOICE



**Stainless Steel  
Health Grill**

KCG200

**Instruction Booklet**

# Important

## Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 09 271 3980 (New Zealand). Alternatively, visit us on our website at [www.kambrook.com.au](http://www.kambrook.com.au)

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## Kambrook Recommends Safety First

# IMPORTANT: Please retain your instruction book for future use.

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

- Carefully read all instructions before operating the appliance and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the appliance for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the appliance near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Position the grill at a minimum distance of 20cm away from walls, curtains, cloths and other heat sensitive materials.
- Always operate the grill on a stable and heat resistant surface. Do not use on a cloth-covered surface, near curtains or other flammable materials.
- Do not use the grill on a sink drain board.
- Always ensure the grill is properly assembled before use. Follow the instructions provided in this book.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- The lid and the outer surface will be hot when the appliance is operating and for some time after use.
- The temperature of accessible surfaces will be high when the appliance is operating and for some time after use.
- Do not place anything on top of the grill when the lid is on, when in use and when stored.
- Always switch the grill off at the power outlet, then unplug the power cord and cool completely, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the grill clean. Follow the cleaning instructions provided in this book.

## Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or motor base in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if 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/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This 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. Misuse may cause injury.
- 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.

## Your Kambrook Stainless Steel Health Grill

1. Vertical storage
2. Powerful 2000 watts for fast heat up and quick toasting and grilling
3. Non-stick ribbed cooking plates for low fat grilling
4. Drip tray collects unwanted fats
5. Variable heat control for searing meat or toasting sandwiches
6. 'POWER' and 'READY' lights indicate when the grill is heating and ready to use



# Operating Your Kambrook Stainless Steel Health Grill

## Before First Use

Before first use, remove and safely discard any packaging material or promotional labels from the grill.

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

Place grill on a dry level surface.

When using the grill for the first time you may notice a fine smoke haze. This is caused by the heating of some of the components and will dissipate, there is no need for concern.

## To Use The Kambrook Stainless Steel Health Grill

1. Unlock the top plate.
2. Always ensure that the drip tray is in place.
3. Insert the power plug into a 230V or 240V power point and switch the power on. The red 'POWER' light on the grill will illuminate.
4. Set the temperature dial to the appropriate setting for the desired result.
5. Ensure the top plate is in the closed position for more efficient preheating.
6. Allow the Kambrook Stainless Steel Health Grill to preheat until the green 'READY' light illuminates.
7. During this time prepare your grilling ingredients. Place the ingredients to be cooked towards the rear of the bottom plate
8. Close the top cooking plate which has a floating design to evenly press down on your chosen ingredients (see Fig. 1).



**WARNING:** Do not prepare ingredients directly onto the bottom plate during preheating as this will result in ingredients being unevenly cooked.

**NOTE:** The locking storage clip should not be used to clamp down the top plate when ingredients are in the grill. The weight of the top cooking plate will gradually press down on the food during the cooking process.

When the grilled items are cooked use the front handle to open the top plate. Remove the grilled items using a heat resistant plastic spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating of the cooking plates.

# Operating Your Kambrook Stainless Steel Health Grill continued

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

Always allow the Kambrook Stainless Steel Health Grill to preheat until the green 'READY' light illuminates.

## Hints For Best Results

### Bread

Most types of bread can be used: white, wholemeal, kibbled wheat, wholegrain, raisin loaf and so on. The Kambrook Stainless Steel Health Grill is ideal for toasting focaccia, turkish bread, and baguettes as well as bread rolls. Raisin bread, brioche or other sweet breads which contain high sugar content will tend to brown quicker.

### Fillings

Try to use well drained canned or pre-cooked fruit as fresh fruit may give off juices when heated.

Be careful when biting into sandwiches or grilled food containing fillings such as cheese, tomato or jam as they retain heat and can burn if eaten too quickly.

### Healthy Snacks

Due to the non-stick coated ribbed plates design it is not necessary to use any butter, margarine or oil on your grilled food.

## Care, Cleaning and Storage

### Cleaning

Before cleaning, switch the power off at the power point and then unplug the power cord from the power point.

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

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

Wipe cooking plates with a soft damp cloth to remove food residue.

To remove baked-on food residue, squeeze some hot soapy water over the food residue then clean with a non-abrasive, soft scouring pad. Wipe clean and dry thoroughly with a soft clean, cloth.

To clean the top ribbed plates simply wipe with a damp soft cloth.



**WARNING:** Do not immerse any part of the Kambrook Stainless Steel 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 as they will scratch and damage the coating.

**NOTE:** Do not use spray on non-stick cooking sprays or oils as these may affect performance of the non stick surface on the cooking plates.

### Drip Tray

After each use, wash the drip tray in warm soapy water. Rinse and dry thoroughly with a clean, soft dry cloth.

### Storage

Switch the Kambrook Stainless Steel Health Grill off at the power point and unplug the power cord from the power point. Allow to cool completely.

Follow cleaning instructions and ensure appliance is completely dry.

Use the locking storage clip on the side arm of the grill, so that the top and bottom cooking plates are locked together (see Fig. 2).



## Care, Cleaning and Storage continued

Store the Kambrook Stainless Steel Health Grill on a flat, dry level surface. Do not place anything on top of the Kambrook Stainless Steel Health Grill.

**NOTE:** For convenience the Kambrook Stainless Steel Health Grill may be stored standing in an upright vertical position (see Fig. 3).



**Fig. 3**

**NOTE:** The locking storage clips should not be used to clamp down the top plate when food is in the Kambrook Stainless Steel Health Grill.

# Kambrook Stainless Steel Health Grill

## 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.

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 Foccacia	3-4 minutes
Grilled Sandwich	3-4 minutes

# Recipes

## Thai Chicken Burger

### Serves 2

200g chicken breast sliced into two  
1 cup (250ml) sweet chilli sauce  
¼ iceberg lettuce, shredded  
½ medium red chilli, sliced  
½ ripe avocado, seed removed and flesh mashed  
¼ bunch coriander leaves  
2 slices tasty cheese  
2 crusty rolls

1. Preheated Kambrook Stainless Steel Health Grill until green 'READY' light illuminates.
2. Marinate chicken breast in sweet chilli sauce for 1-4 hours.
3. Mix together lettuce and chilli.
4. Place the drained chicken on to the preheated Kambrook Stainless Steel Health Grill. Close the lid and cook for 4 minutes or until the chicken is cooked through.
5. Slice rolls open, spread the avocado add the lettuce and chilli mixture, cooked chicken and cheese slices.
6. Top with the coriander.
7. Serve immediately.

## Aussie Beef Burger

### Serves 4

600g beef mince  
1 brown onion, finely sliced  
1 x 60g egg  
½ cup (125g) bread crumbs  
½ cup (125g) freshly chopped parsley and chives  
Salt and pepper  
4 hamburger buns  
¼ iceberg lettuce, shredded  
1 ripe tomato, sliced  
2 bacon rashers  
4 slices cheddar cheese

1. Preheat Kambrook Stainless Steel Health Grill until green 'READY' light illuminates.
2. Combine mince, onion, egg, breadcrumbs and herbs in a bowl to make the hamburgers. Add salt and pepper to taste.
3. Shape 4 hamburger patties and place onto the preheated Kambrook Stainless Steel Health Grill. Close the lid and cook for 4-6 minutes. Remove and set aside. Keep warm.
4. Place bacon on the preheated grill for 4 minutes. Remove and set aside. Keep warm.
5. Slice the buns, add the lettuce and sliced tomato, then the hamburger patty.
6. Place the cheese onto the meat patty and then add the cooked bacon.
7. Serve with your favourite sauce.

## Orange and Pepper Pork

### Serves 4

- 4 pork loin cutlets
- 1 cup (250ml) orange juice
- ¼ cup (75g) brown sugar
- 1 tablespoon whole green peppercorns
- 2 cloves
- 1 teaspoon ground black pepper

1. Preheat Kambrook Stainless Steel Health Grill until “ready” light illuminates.
2. Combine orange juice and brown sugar in a bowl and stir until the sugar is dissolved. Add the peppercorns and the cloves.
3. Marinade the pork cutlets for 30 minutes.
4. Place the drained pork cutlets on to the preheated Grill. Close the lid and cook for 6-8 minutes or until cooked through.
5. Serve with either vegetables or salad.

## Gorgonzola Panini

### Serves 2

- 30g herb and garlic butter, commercial
- 4 slices crusty country-style bread
- 50g English spinach leaves
- 60g Gorgonzola cheese, crumbled
- 60g marinated roasted capsicum

1. Preheat Grill until green ‘READY’ light illuminates.
2. Spread herb and garlic butter over bread slices. Fill with spinach, cheese and capsicum to make two sandwiches.
3. Place prepared sandwiches into preheated Grill, close the lid and cook until golden, crisp and heated through approximately 4-6 minutes or until desired doneness.
4. Serve immediately, cut in half.

## Herbed Omelette Sandwich

### Serves 2

3 bacon rashers, trimmed and thinly sliced  
100g button mushrooms, sliced  
1/3 cup shallots, thinly sliced  
3 x 60g eggs, lightly beaten  
Freshly ground black pepper (optional)  
1 tablespoon freshly chopped herbs  
1/4 cup thinly sliced roasted capsicum  
1 large focaccia, halved  
125g sliced Swiss cheese

1. Preheat Kambrook Stainless Steel Health Grill until green 'READY' light illuminates.
2. Meanwhile, fry bacon in a non-stick fry pan until crisp. Remove from pan and set aside. Sauté mushrooms and shallots in fry pan until any liquid has evaporated. Remove from heat.
3. Beat eggs lightly adding pepper and herbs. Pour mixture over mushrooms in pan. Cook over medium heat until eggs are set but soft in the centre, approximately 3-5 minutes. Remove the omelette and roughly chop.
4. Split focaccia halves to form two sandwiches. Fill focaccia with omelette, capsicum, cheese and bacon.
5. Place prepared focaccia into preheated Kambrook Stainless Steel Health Grill, close the lid and cook until golden, crisp and heated through, approximately 6-8 minutes or until desired doneness.
6. Serve immediately with salad greens.

## Mexican Tortillas

### Serves 2

125g Mexican salsa  
1/4 cup mashed red kidney beans  
1 tablespoon freshly snipped garlic chives  
100g finely chopped chorizo sausage  
8 tortilla rounds (unfried variety)  
100g tzatziki, prepared dip  
100g avocado dip  
125g mozzarella cheese, grated  
1/2 cup sour cream, for serving

1. Preheat Stainless Steel Grill until green 'READY' light illuminates.
2. Combine salsa, beans, chives and sausage. Divide mixture evenly and spoon over four tortillas. Top with alternating layers of tzatziki, avocado and cheese, then cover with remaining four tortillas to make four sandwiches. Be careful not to overfill.
3. Place prepared tortillas, one at a time into preheated Grill, close the lid and cook until golden, crisp and heated through, approximately 4-6 minutes or until desired doneness.
4. Serve immediately with sour cream and salad greens.

## **Italian Vegetarian Focaccia Round**

### **Serves 2**

2 small round cheese and olive focaccia

1½ tablespoons pesto

125g roma or egg tomatoes, sliced

100g bocconcini cheese, drained  
and sliced

1 medium Spanish onion, thinly sliced

1 tablespoon balsamic vinegar

1½ tablespoons extra virgin oil

Salt and freshly ground pepper, optional

1. Preheat Grill until green 'READY' light illuminates.
2. Split focaccia in half to form two sandwiches. Spread cut sides with pesto. Combine tomatoes, cheese, onion, vinegar, oil and seasonings then divide tomato mixture evenly and spoon over pesto on two focaccia halves. Cover with remaining focaccia halves.
3. Place prepared focaccias into preheated Grill, close the lid and cook until golden, crisp and heated through, approximately 6-8 minutes or until desired doneness.
4. Serve immediately.

## **Prosciutto Baguette**

### **Serves 2**

2 small-medium baguette rolls

80g Italian prosciutto

75g bocconcini cheese, thinly sliced

4 basil leaves

Freshly ground black pepper, optional

1 tablespoon extra virgin olive oil

1. Preheat Kambrook Stainless Steel Health Grill until green 'READY' light illuminates.
2. Split baguette in half. Fill with layers of prosciutto, cheese and basil. Season to taste and drizzle with oil.
3. Place prepared baguettes into preheated Kambrook Stainless Steel Health Grill, close the lid and cook until golden, crisp and heated through, approximately 6-8 minutes or until desired doneness.
4. Serve immediately, cut in half.

## Antipasto Rye Bread

### Serves 2

4 slices rye bread  
1½ tablespoon extra virgin olive oil  
1 tablespoon sun-dried tomato paste  
60g hummus  
4 stuffed vine leaves  
100g artichoke hearts, drained and sliced  
2 slices Swiss cheese

1. Preheat Grill until green 'READY' light illuminates.
2. Spread bread with combined oil and tomato paste and then spread with hummus. Fill with vine leaves, artichokes and cheese to make two sandwiches.
3. Place prepared sandwiches into preheated Grill, close the lid and cook until golden, crisp and heated through, approximately 6-8 minutes or until desired doneness.
4. Serve immediately, cut in half.

## Toasted Chocolate Panini

### Serves 2

80g cream cheese, softened  
4 slices textured Country style bread  
250g bittersweet chocolate, coarsely grated  
Vanilla ice-cream, for serving  
Extra grated bittersweet chocolate, for serving

1. Preheat Grill until green 'READY' light illuminates.
2. Spread cream cheese over bread slices and sprinkle with grated chocolate. Sandwich together.
3. Place prepared panini into preheated Grill, close the lid and cook until golden, crisp and heated through, approximately 4-6 minutes or until desired doneness.
4. Serve immediately with vanilla ice cream and sprinkle with the extra chocolate.

## **Crisp Berry and Mascarpone Sandwiches**

### **Serves 2**

4 slices Country style bread  
100g Mascarpone cheese  
½ punnet strawberries, hulled and sliced  
½ punnet raspberries  
1 tablespoon honey

1. Preheat Grill until green 'READY' light illuminates.
2. Spread cheese over bread slices. Fill with berries and drizzle with honey to make two sandwiches.
3. Place prepared sandwiches into preheated Grill, close the lid and cook until golden, crisp and heated through approximately 4-6 minutes or until desired doneness.
4. Serve immediately dusted with icing sugar, optional.

## **Char-Grilled Chicken Ciabatta with Salsa Verde**

### **Serves 2**

1 char-grilled chicken breast fillet, sliced  
1 clove garlic, peeled and thinly sliced  
⅓ cup chopped parsley  
1 tablespoon finely chopped sage  
¼ cup stuffed pimento green olives, finely chopped

1 tablespoons drained capers  
1 tablespoon extra virgin olive oil  
½ teaspoon freshly grated lime rind  
½ tablespoon lemon juice  
4 large slices Ciabatta bread  
2 large slices Swiss cheese

1. Preheat Kambrook Stainless Steel Health Grill until green 'READY' light illuminates.
2. Combine chicken, garlic, parsley, sage, olives, capers, oil, rind and juice. Fill bread with chicken mixture and sliced cheese to make two sandwiches.
3. Place prepared sandwiches into preheated Kambrook Stainless Steel Health Grill, close the lid and cook until golden, crisp and heated through, approximately 6-8 minutes or until desired doneness.
4. Serve immediately with fresh salad greens.





## Kambrook 12 Month Replacement Warranty

In Australia, this Kambrook Replacement Warranty does not affect the mandatory statutory rights implied under the Trade Practices Act 1974 and other similar State and Territory legislation relating to the appliance. It applies in addition to the conditions and warranties implied by that legislation.

In New Zealand, this Kambrook Replacement Warranty does not affect your mandatory statutory rights implied under the Consumer Guarantees Act 1993 in relation to the appliance. It applies in addition to the conditions and guarantees implied by that legislation.

This Kambrook Replacement Warranty is valid only in the country of purchase, but other statutory warranties may still apply.

This Warranty card and the purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the Kambrook Replacement Warranty. Please note that under any applicable statutory warranty you are not required to produce these documents, but may be required to provide a proof of purchase.

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

The Kambrook Replacement Warranty does not apply to any defect, deterioration, loss, injury or damage occasioned by, or as a result of, misuse or abuse, negligent handling or if the product has been used other than in accordance with the instructions. The Kambrook Replacement Warranty excludes breakables such as glass and ceramic items, consumable items and normal wear and tear.

This Kambrook Replacement 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. Subject to your statutory rights, in the event of Kambrook choosing to replace the appliance, the Kambrook Replacement Warranty will expire at the original date, i.e. 12 months from the original date of purchase.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 09 271 3980 (New Zealand). Alternatively, visit us on the website at [www.kambrook.com.au](http://www.kambrook.com.au)

### Kambrook 12 Month Replacement Warranty

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)

Register your warranty at [www.kambrook.com.au/service.asp](http://www.kambrook.com.au/service.asp)

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Due to continual improvement in design or otherwise, the product you purchase may differ slightly from the illustration in this book. Issue A10