

Sunbeam

Flip & Grill™

2400 watt reversible grill with flat plate
and ribbed plate

Instruction/Recipe Booklet
HG3200

Please read these instructions carefully
and retain for future reference.



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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

Βεβαιώστε 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

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM FLIP & GRILL™.

- Use well away from walls and curtains.
- Avoid using on metal surfaces e.g. sink.
- Do not use in confined spaces.
- For indoor use, adequate ventilation or an exhaust fan is recommended.
- Always use the appliance under a sheltered roof when cooking outdoors.
- Do not immerse the control probe in water or any other liquid.
- Ensure that the cord is kept well away from the cooking plate during use.
- Ensure the drip tray is in position before grilling.
- Do not touch the grill plate when in use. Avoid touching hot surfaces.
- Take care when removing food from the grill.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Do not leave plastic utensils in contact with appliance while cooking.
- Use only the supplied temperature control probe Type 427, Model TC0610 with this grill.

Sunbeam is 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.
- This 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.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- 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.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been 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.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Ensure the above safety precautions are understood.

Features of your Flip & Grill™

Reversible grill plate

Cook on either side of the grill plate – ribbed grill plate for searing meats, seafood and vegetables, or flat hotplate for cooking eggs, crepes or pikelets.

Teflon® Platinum Premium™ non-stick coating

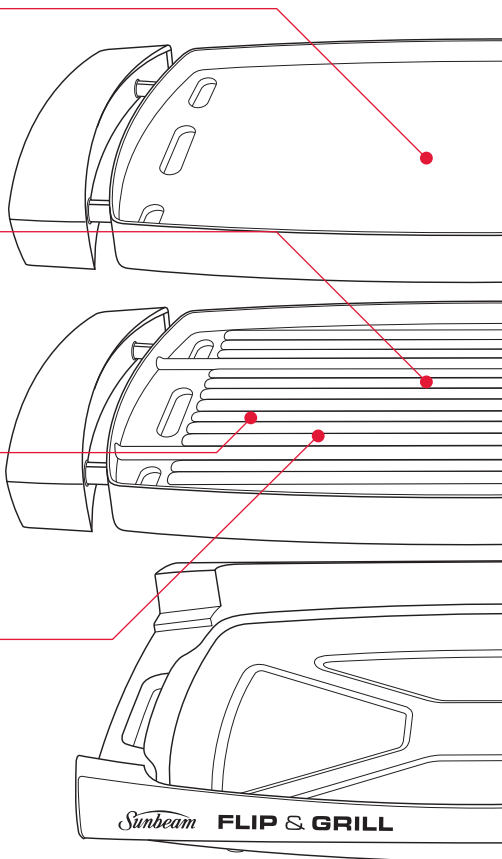
DuPont's most durable and damage resistant non-stick coating to date. Three layers of premium non-stick coating for superior scratch resistance. Safe to use with metal utensils.

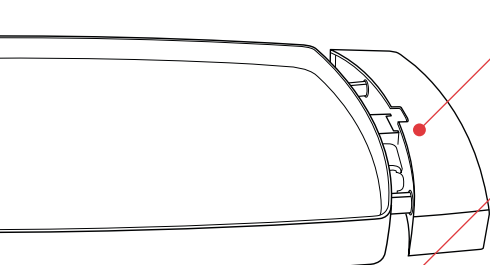
Large cooking area

Large cooking surface 45cm (18") x 27cm (11") enables you to cook an entire meal on the one grill surface.

2400 watts

High powered electric indoor grill with 2400 watts of grilling power, allows you to cook with high temperatures to sear meats and grill vegetables.

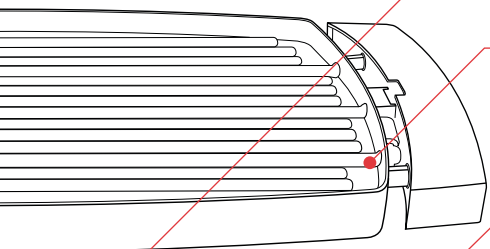


**Cool touch handles**

Remains cool to the touch for safer cooking.

Removable metal drip tray

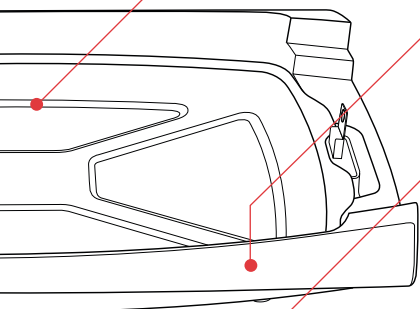
Excess food crumbs, juices, grease or fat are channelled through the drip holes in the grill plate to collect in the metal drip tray.

**Dishwasher safe**

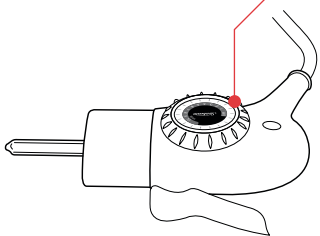
The grill plate is fully immersible and dishwasher safe for easy cleaning.

Moulded base

The cool touch moulded base is finished with brushed stainless steel side panels and supports the grill plate and drip tray.

**Variable temperature control**

The variable temperature probe is detachable from the grill and has a power indicator light. Turn the dial to adjust the thermostatically controlled temperatures for total cooking control.



Note: Although both sides are represented in this image, please note that the Flip & Grill™ comes with one grill plate that has two sides - one is ribbed, the other is flat.

DuPont Teflon® Platinum Premium™ - Professional Use

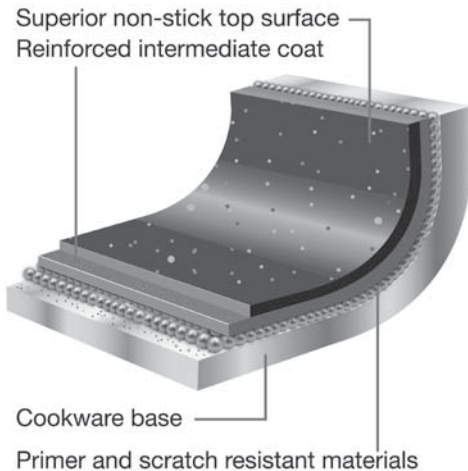


Your Sunbeam appliance features a special scratch and abrasive-resistant non-stick cooking coating that makes it safe to use metal utensils when cooking. Teflon® Platinum Premium™ – Professional Use is DuPont's toughest non-stick coating to date – up to 10 times more scratch resistant than single layer non-stick coatings.*

DuPont is the world leader in non-stick coatings and today more than 2 billion households have Teflon® non-stick coated cookware.

Teflon® Platinum Premium™ is a superior 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 and the life of the appliance.

The result is a non-stick coating that can be treated like ordinary cookware, enabling the use of metal utensils. However, Sunbeam recommends that care is taken with the non-stick coating when using metal utensils. Do not use sharp objects or cut food inside the appliance. Damage caused to your appliance as a result of misuse of metal utensils will void your warranty.



Teflon® Platinum Premium™ – 3 layer scratch resistant coating

Using your Flip & Grill™

Before using your Flip & Grill™

Before using your Flip & Grill™ for the first time, remove all packaging and promotional materials from the cooking plate, drip tray, base and control probe.

With the control probe detached, wash the cooking plate, drip tray and base with warm soapy water using a mild household detergent.

Rinse and dry thoroughly. Make sure the interior of the probe inlet is fully dry.

Condition the cooking plates to protect the non-stick surface by applying a light coating of vegetable oil or use a non-stick cooking spray. Wipe off excess oil.

For easy cleaning line the drip tray with aluminium foil to collect the fats and juices. Place drip tray into base.

Ensure the drip tray and grill plate are correctly positioned over the base to deactivate the safety locking mechanism.

Note: When using the Flip & 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 Flip & Grill™

1. Place on a flat, level, heat-resistant surface.
2. Insert the control probe fully into the probe inlet of the grill plate.
3. Plug the cord into a 230-240 volt AC power outlet and turn the power ON.
4. Set the control probe dial to the desired heat setting.
5. Preheat until the thermostat light switches off, indicating the Flip & Grill™ is ready to use.

Note: The thermostat light on the control probe indicates the Flip & Grill™ is heating. This light will remain on until the set temperature has been reached and then will cycle on and off during cooking to ensure the selected temperature is maintained. The preheat time will depend on the heat setting selected.

Note: When grilling on high heat settings, the Flip & Grill™ will generate smoke. Selecting a lower heat setting will reduce smoke. For indoor use, adequate ventilation or an exhaust fan is recommended.

6. After you have completed grilling turn the power OFF and unplug from the power outlet.

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

Caution: Do not touch the grill plate when in use. Avoid touching hot surfaces. Take care when removing food from the grill. Do not transport the grill when it is hot.

Hints for Best Results

1. Spray plates with cooking oil spray if oil is not used in the recipe or on a cut of meat, chicken, fish or vegetables.
 2. 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.
 3. Avoid overcooking meat as the texture will toughen.
 4. Recommended cuts;
Beef = Sirloin, Rump, Scotch, Fillet or T-Bone
Lamb = Backstrap or Fillet, Chops and Cutlets
Pork = Leg or Butterfly Steaks, Fillets and Chops.
 5. You can also grill diced meat on skewers for kebabs.
 6. The Flip & Grill™ can grill meats over 2.5cm (1 inch) thick with ease. If cooking meats with a bone it is recommended that it is no larger than 1.5cm thick to ensure even cooking.
 7. The ribbed grill plate is ideal for cooking a variety of meats, including beef, lamb, pork, poultry and fish. Take care when grilling fish, use a plastic spatula. The ribbed plate is also ideal for grilling vegetables.
 8. The grill bars and drip holes allow the fats and juices to drain into the drip tray for healthy, fat free cooking.
 9. The flat hotplate is ideal for cooking a variety of foods such as eggs, bacon, tomatoes, crepes and pikelets.
 10. When cutting meats, chicken, vegetables or seafood for kebabs, cut evenly and uniform in size to ensure even cooking.
- Note:** 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.
- Note:** Do not cut cooked meats on the same chopping board that you used to prepare the raw meat unless the board and knife have been thoroughly sanitised and cleaned in hot soapy water.

Care and Cleaning

To clean after use

Always turn the power off and remove the plug from the power outlet and the control probe from the probe inlet before cleaning. Allow the Flip & Grill™ to cool before cleaning.

Do not cut food on top of the cooking plates. Do not leave plastic utensils in contact with the cooking plate while in use.

Teflon® Platinum Premium™ Non-Stick Coating

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

However 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 the grill. Sunbeam will not be liable for damage to the non-stick coating where metal utensils have been misused.

The element in the grill plate is cast in, so it is safe to fully immerse in water.

Wash the grill plate in warm soapy water using a mild household detergent and a soft washing sponge.

Do not use abrasives or metal scourers as they may scratch the non-stick surface.

A bottle brush may be used to clean the drip holes in the grill plate.

Be sure to clean the handles after each use.

The grill plate is also dishwasher safe.

Dry the grill plate and probe inlet thoroughly before storing.

Moulded base

The base can be wiped over with a damp cloth or washed in warm soapy water using a mild household detergent and a soft washing sponge.

Do not use abrasives or metal scourers as they may scratch the exterior surface.

Do not place the moulded base in the dishwasher.

Drip tray

Lift the metal drip tray out from the base and pour any excess grease or liquid into a container and dispose appropriately. Do not pour oil or fats down the sink.

Wash the metal drip tray in warm soapy water using a mild household detergent and a soft washing sponge.

Dry the drip tray thoroughly before storing.

Do not place the metal drip tray in the dishwasher.

Control probe

If cleaning is necessary, wipe over with a damp cloth.

Important: Do not immerse the control probe in water or any other liquid. Do not place the control probe in the dishwasher.

Do not knock or drop the probe as this can damage the probe. If damage is suspected, return the control probe to your nearest Sunbeam Service Centre for inspection.

Note: Before inserting the control probe into the probe inlet, ensure the interior of the inlet is completely dry. To do this wipe interior of probe inlet with a dry cloth or shake out excess water vigorously.

Storage

Allow the grill to cool completely and clean it after each use and dry thoroughly before storing it away.

Grilling Guide

Meat/cut Variety	Preparation	Cooking Temperatures	Cooking Times	
			Medium	Well Done
CHICKEN Single breast fillet, skinless (160g)	Trim excess fat. Using a sharp knife cut each chicken breast in half horizontally. Brush or spray with oil. Season with salt and pepper.	Turn dial to '8'	Chicken should be cooked to well done only.	2-3 minutes each side. Rest for 3-5 minutes before slicing.
Tenderloins (45 - 50g)	Trim excess fat. Brush or spray with oil. Season with salt and pepper.	Turn dial to '8'		2 ½ - 3 minutes each side.
Thigh fillet (100 - 120g)	Trim excess fat. Brush or spray with oil. Season with salt and pepper.	Turn dial to '8'		5-6 minutes each side. Rest for 3-5 minutes before slicing.
SAUSAGE Thin (8 x 80-85g each)	Do not pierce. Brush or spray with oil.	Turn dial to 'sear'	Sausages should be cooked to well done only.	12-15 minutes (8 sausages).
Thick (8 x 120-125g each)	Do not pierce. Brush or spray with oil.	Turn dial to 'sear'		20-25 minutes (8 sausages).
LAMB Loin chops (90-100g each 2 ½ cm thick)	Trim excess fat. Brush or spray with oil. Season with salt and pepper.	Turn dial to 'sear'		4 minutes each side.
Lamb leg, or rump steak (100-120g, 2 ½cm thick)	Trim excess fat. Brush or spray with oil. Season with salt and pepper.	Turn dial to 'sear'		4 minutes each side.
Cutlets, frenched (6 x 60g each)	Trim excess fat. Brush or spray with oil. Season with salt and pepper.	Turn dial to 'sear'	2 - 2 ½ minutes each side.	2 ½ - 3 minutes each side.
Lamb sirloin or backstrap (eye of loin) (200 - 220g)	Brush or spray with oil. Season with salt and pepper.	Turn dial to 'sear'	2 - 4 ½ minutes. Rest for 3 - 5 minutes before slicing.	3 - 3 ½ minutes each side. Rest for 3-5 minutes before slicing.

Grilling Guide continued

Meat/cut Variety	Preparation	Cooking Temperatures	Cooking Times	
			Medium	Well Done
PORK Pork loin chops (160-170g each)	Trim excess fat. Brush or spray with oil. Season with salt and pepper.	Turn dial to 'sear'		3 ½ - 4 minutes each side.
BEEF Beef Porterhouse steak (boneless) (175-190g, 2cm thick)	Trim excess fat. Brush or spray with oil. Season with salt and pepper.	Turn dial to 'sear'	Medium/Rare 2 minutes each side. Medium 2 ½ minutes each side.	Medium/Well 3 minutes each sided. Cover and rest for 3-5 minutes.
Beef Scotch fillet (200g, 2cm thick)	Trim excess fat. Brush or spray with oil. Season with salt and pepper.	Turn dial to 'sear'	Medium/Rare 2 ½ minutes each side. Medium 3 minutes each side.	Medium/Well 3 ½ minutes each side. Cover and rest for 3-5 minutes.
Hamburger patties (120g 12cm in diameter)	Brush or spray with oil.	Turn dial to '8'		2 ½ - 3 minutes each side.
FISH Salmon (250g)	Brush or spray with oil. Season with salt and pepper.	Turn dial to '7-8'	6 minutes each side.	
White fish (120g - 140g)	Brush or spray with oil. Season with salt and pepper.	Turn dial to '7-8'	3 - 3 ½ minutes each side.	

Recipes

All the recipes have been specifically created and tested by the Sunbeam Test Kitchen for the Sunbeam Flip & Grill. We hope you enjoy using your Sunbeam Grill.

Beef Burgers

Serves: 4

Preparation: 15 minutes

Cooking: 6 minutes

400g beef mince

1 small red onion, grated

½ cup fresh breadcrumbs

1 egg, lightly beaten

1 tablespoon Worcestershire sauce

2 tablespoons finely chopped fresh parsley

salt and freshly ground black pepper

cooking oil spray

4 hamburger buns, toasted

Tomato, beetroot and lettuce, to serve

1. Combine mince, onion, breadcrumbs, egg, Worcestershire sauce, parsley, salt and pepper in a bowl. Mix together. Shape into four 12cm patties. Place on a plate lined with baking paper. Cover and place in the fridge for 30 minutes.

2. Preheat flat plate on setting 8. Spray plates with cooking oil. Cook patties for 2 ½ minutes each side or until cooked through. Serve patties on toasted hamburger buns with sliced tomato, beetroot and lettuce.

Tip: You can make mini patties and serve on toasted turkish bread.

BLTs

Serves: 4

Preparation: 10 minutes

Cooking: 6 minutes

4 thick rashers bacon, rind and fat removed

2 large tomatoes, sliced

8 slices bread, toasted

mayonnaise

salt and freshly ground black pepper

8 lettuce leaves, torn

1. Preheat flat plate on setting 8. Cook bacon for 2-3 minutes each side or until golden.
2. Layer bacon and tomato evenly between toast that has been spread with mayonnaise. Season with salt and pepper. Top with lettuce. Sandwich together. Cut in half to serve.

Recipes continued

Steak Sandwich

Serves: 4

Preparation: 10 minutes

Cooking: 10 minutes

- 1 tablespoon olive oil
- 2 teaspoons balsamic vinegar
- 2 teaspoons brown sugar
- 2 medium red onions, sliced
- 4 (100g each) thin steaks, flattened
- Turkish bread and barbecue sauce, to serve

1. Combine oil, vinegar and sugar in a bowl. Add onion and toss to coat.
2. Preheat flat plate or grill plate on setting 8. Cook onions, turning from time to time for 5-6 minutes or until golden. Remove onions; cover and keep warm.
3. Spray flat plate or grill with cooking oil spray. Cook steaks for 1-2 minutes each side or until cooked as desired. Serve steaks on Turkish bread with onions and barbecue sauce.

Sweet Chilli Chicken Burger with Lemon Mayonnaise

Serves: 4

Preparation: 15 minutes (+ 2-4 hours marinating time)

Cooking: 6 minutes

- 2 large single chicken breast fillets, trimmed
- 1/3 cup sweet chilli sauce
- 1/3 cup good-quality whole-egg mayonnaise
- 1 teaspoon finely grated lemon rind
- 1 tablespoon freshly squeezed lemon juice
- 4 hamburger buns, split, toasted to serve
- 1 baby cos lettuce, leaves separated, washed, dried, shredded
- 2 vine-ripened tomatoes, sliced
- 1 large dill gherkin, sliced

1. Use a sharp knife to cut each chicken breast horizontally in half to make four pieces of chicken. Place in a large glass bowl. Add sauce and turn to coat. Cover with plastic wrap and place in the fridge for 2-4 hours to marinate.
2. Preheat flat plate or grill plate on setting 8. Spray with cooking oil spray. Cook chicken for 2-3 minutes each side or until browned and cooked. Transfer to a plate.
3. Meanwhile, combine the mayonnaise, rind and juice in a small glass bowl.
4. Place half the toasted buns on serving plates. Spread with a little of the mayonnaise; top with lettuce, tomato, gherkin and chicken. Dollop with a little extra mayonnaise and then with remaining bread. Serve.

Recipes continued

Club Sandwich with Pancetta

Serves: 4

Preparation: 10 minutes

Cooking: 12 minutes

- 1/3 cup good-quality whole egg mayonnaise
 - 1 tablespoon seeded mustard
 - 1 tablespoon finely chopped fresh basil leaves
 - 2 single chicken breast fillets, trimmed
 - 1 tablespoon olive oil
 - 8 slices mild pancetta
 - 4 eggs
 - 12 slices wholemeal bread, toasted
 - 2 small tomatoes, sliced
 - 8 thin slices Jarlsberg cheese
1. Combine the mayonnaise, mustard and basil in a small glass bowl. Cover with plastic wrap and set aside until required.
 2. Use a sharp knife to cut each chicken breast in half horizontally to make 4 pieces. Place in a bowl. Drizzle with oil. Season with salt.
 3. Preheat flat plate or grill plate on setting 8. Cook chicken for 2-3 minutes each side or until browned and cooked. Transfer to a plate. Cover with foil.
 4. Cook pancetta for 1-2 minutes each side or until crispy. Transfer to a plate lined with paper towel.
 5. Cook eggs for 1 minute each side or until cooked to your liking. Transfer to a plate.
 6. Spread one-third of the toasted bread with mayonnaise. Top with tomato, cheese and egg. Top with another slice of bread and spread with remaining mayonnaise.
 7. Top with chicken and pancetta and remaining bread. Secure with toothpicks. Cut each sandwich into triangles. Serve.

Corn Fritters

Makes: 12

Preparation: 15 minutes

Cooking: 12 minutes

- 4 corn cobs
 - 1/3 cup parsley leaves
 - 1 cup self-raising flour
 - 3 eggs
 - 4 green onions, thinly sliced
 - salt and freshly ground black pepper
 - cream cheese, rocket and smoked salmon, to serve
1. Remove corn kernels from cobs. Place half the corn in a food processor. Add parsley, flour and eggs. Pulse until combined.
 2. Transfer to a bowl. Add remaining corn and green onions. Season with salt and pepper.
 3. Preheat flat plate on setting 5-6. Spray with cooking oil spray. Add heaped tablespoons mixture. Cook for 2-3 minutes each side or until golden.
 4. Serve fritters topped with cream cheese, smoked salmon and rocket.

Recipes continued

Turkish Gozleme

Makes: 4 large

Preparation: 20 minutes

Cooking: 32 minutes

Dough

480g plain flour
2 teaspoons salt
1/3 cup olive oil
360ml lukewarm water
extra olive oil for cooking

Filling

1 tablespoon olive oil
1 large onion, chopped finely
2 cloves garlic, crushed
pinch cayenne pepper
1/4 teaspoon sweet paprika
2 bunches English spinach, shredded
200g feta cheese, crumbled
50g tasty cheese, grated

1. Combine flour and salt in a large bowl and make a well. Pour oil and water and mix until combined. Turn onto a floured surface and knead until smooth and elastic. Divide dough into four balls. Cover and allow to rest for 20 minutes.
2. Meanwhile, heat oil in frying pan; cook onions and garlic until softened but not browned. Allow to cool.
3. Combine onion mixture and remaining filling ingredients in a bowl; season and mix to combine.
4. Preheat flat plate on setting 8. Spray with cooking oil spray. Roll dough to a 3mm thickness; place one quarter of the filling over one half of the dough. Fold over dough and press lightly to seal. Repeat with remaining dough and filling.

5. Brush oil over grill plate well. Place one gozleme onto flat plate. Cook for 3-4 minutes, drizzle top with more oil then turn over.

Tip: If dough is browning too quickly reduce heat to medium.

6. Cook until golden brown and crisp. Repeat with remaining gozleme.
7. Cut into pieces and serve with wedges of lemons.

Grilled Haloumi and Asparagus Salad

Serves: 4

Preparation: 15 minutes

Cooking: 8 minutes

2 tablespoons olive oil
1/4 cup lemon juice
1 clove garlic, crushed
1 tablespoon finely chopped fresh oregano
freshly ground black pepper
250g haloumi, cut into 1cm slices
1 bunch asparagus, trimmed
2 tablespoons toasted pinenuts
100g baby spinach leaves

1. Combine oil, lemon juice, garlic, oregano and pepper in a shallow dish.
2. Add haloumi and asparagus and toss to coat in mixture.
3. Preheat flat plate or grill plate on setting 7. Cook haloumi for 1-2 minutes each side or until golden. Add asparagus and cook, turning for 3-4 minutes or until tender.
4. Place haloumi, asparagus, pinenuts and baby spinach in a bowl. Pour over remaining dressing and toss to combine.

Recipes continued

Grilled Vegetable Salad

Serves: 4

Preparation: 20 minutes

Cooking: 24 minutes

- 1 zucchini, thinly sliced
 - 1 red onion, cut into wedges
 - 1 red capsicum, seeds removed, sliced
 - 1 small eggplant, thinly sliced
 - ½ small butternut pumpkin, thinly sliced
 - 1 small kumara, peeled, thinly sliced
 - 2 tablespoons olive oil
 - salt and freshly ground black pepper
 - salad leaves
 - balsamic vinegar and extra virgin olive oil, to serve
1. Place vegetables in a large bowl. Add oil and toss to combine. Season with salt and pepper.
 2. Preheat grill plate on setting 8-9. Cook vegetables in batches for 10-12 minutes or until cooked. Transfer to a clean bowl.
 3. Add salad leaves to vegetables. Drizzle with oil and balsamic vinegar.

Mushroom and Prosciutto Salad

Serves: 4-6

Preparation: 15 minutes

Cooking: 12 minutes

- 8 field mushrooms, thickly sliced
 - 2 tablespoons olive oil
 - 8 slices prosciutto
 - 60g baby rocket leaves
 - 4 green onions, chopped
 - 1 ½ tablespoons balsamic vinegar
 - 1 garlic clove, crushed
1. Preheat flat plate or grill plate on setting 8. Place mushrooms in a bowl. Drizzle with oil. Season with salt and freshly ground black pepper and toss to combine. Cook the mushrooms for 3-4 minutes each side or until browned and tender. Transfer to a large glass bowl.
 2. Cook prosciutto for 1-2 minutes each side or until browned and crispy. Transfer to a plate. Coarsely chop. Add to bowl with mushrooms.
 3. Add remaining ingredients to mushrooms and toss to combine. Serve.

Recipes continued

Thai Beef Salad

Serves: 4

Preparation: 15 minutes

Cooking: 2-4 minutes

- 500g rump steak, trimmed
- 2 teaspoons peanut oil
- 1 lebanese cucumber, peeled, halved lengthways and sliced
- ½ red onion, thinly sliced
- 1 long red chilli, seeds removed, thinly sliced
- ⅓ cup fresh mint leaves, roughly chopped
- ⅓ cup fresh coriander leaves, roughly chopped
- ¼ cup roasted peanuts, roughly chopped

Dressing

- ¼ cup lime juice
- 2-3 teaspoons fish sauce
- 1 teaspoon soy sauce
- ½ teaspoon sesame oil
- 2 teaspoons brown sugar
- 1 clove garlic, crushed
- 1 small red chilli, seeds removed, finely sliced

1. Combine ingredients for dressing in a jug.
2. Brush steak with oil. Preheat grill plate on the 'sear' setting. Cook steak for 1-2 minutes each side or until cooked to your liking. Remove and stand for 5 minutes before slicing.
3. Combine cucumber, red onion, chilli, mint and coriander in a bowl. Add beef and dressing and toss to combine. Top with peanuts.

Salmon Cakes

Makes: 22

Preparation: 15 minutes

Cooking: 16 minutes

- 415g can pink salmon
- 3 green onions, thinly sliced
- ¼ cup lemon juice
- 4 eggs, lightly beaten
- ⅔ cup self-raising flour
- ⅓ cup fresh dill leaves, finely chopped

2 tablespoons thinly sliced fresh chives
salt and freshly ground black pepper

1. Drain salmon and remove the skin and bones.
2. Flake salmon and place in a bowl with green onions, lemon juice, eggs, flour, dill and chives. Season with salt and pepper. Stir until mixture is combined.
3. Preheat flat plate on setting 7-8. Spray with cooking oil spray. Add heaped tablespoons mixture and gently spread out to form rounds. Cook for 2-3 minutes each side or until golden.
4. Serve salmon cakes with lemon wedges or sweet chilli sauce.

Recipes continued

Prawns with Chilli and Coriander

Makes: 24

Preparation: 15 minutes

Cooking: 3 minutes

2 tablespoons peanut oil
2 tablespoons finely chopped fresh coriander
2 tablespoons sweet chilli sauce
2 tablespoons lime juice
24 large green prawns, heads removed,
peeled, leaving tails intact

Lime wedges, to serve

1. Combine oil, coriander, sweet chilli sauce and lime juice in a bowl.
2. Add prawns and toss to coat in mixture. Cover and place in the fridge to marinate for 30 minutes.
3. Preheat flat plate or grill plate on setting 7-8. Cook prawns for 2-3 minutes or until golden. Serve with lime wedges.

Balsamic and Rosemary Lamb

Serves: 4

Preparation: 12 minutes

Cooking: 8 minutes

¼ cup olive oil
1 ½ tablespoons balsamic vinegar
1 tablespoon chopped rosemary leaves
2 cloves garlic, crushed
salt and freshly ground black pepper
2 (230g each) lamb loin eye (backstrap)

Potatoes and green salad, to serve

1. Combine oil, vinegar, rosemary, garlic, salt and pepper in a shallow dish.
2. Add lamb and toss to coat in mixture. Cover and place in the fridge to marinate for 1-2 hours.
3. Preheat grill plate on the 'sear' setting. Cook lamb for about 3-4 minutes each side or until cooked as desired. Stand for 5 minutes before slicing. Serve lamb with potatoes and green salad.

Recipes continued

Beef Fajitas

Serves: 4

Preparation: 20 minutes

Cooking: 14 minutes

600g skirt steak
½ cup orange juice
½ cup pineapple juice
½ cup soy sauce
1 red capsicum, sliced
1 yellow capsicum, sliced
1 red onion, sliced
½ iceberg lettuce, shredded
1 cup grated cheese
½ cup sour cream
½ cup salsa
1 avocado, chopped
8-12 flour tortillas, warmed

1. Trim any fat from beef. Place beef in a deep dish and pour over the combined juices and soy sauce. Marinate in refrigerator for at least 2 hours.
2. Preheat flat plate on the 'sear' setting. Spray with cooking oil spray. Remove beef from marinade; reserve liquid. Cook beef on grill for about 4-5 minutes each side or until cooked as desired. Remove, cover with foil while the vegetables cook.
3. Cook for vegetables for 2-3 minutes. Pour over some of the reserved liquid over the vegetables and cook for a further 1 minute. Remove from heat.
4. Slice beef across the grain into thick slices.
5. To serve fajitas, place a little of each of the beef, vegetables and remaining ingredients in the flour tortilla and roll up.

Pepper Steak with Mushrooms

Serves: 4

Preparation: 12 minutes

Cooking: 10 minutes

¼ cup olive oil
4 (160g-180g each) beef scotch fillets
2 teaspoons cracked pepper
350g portobello mushrooms, thickly sliced
2 teaspoons Worcestershire sauce
1 tablespoon finely chopped fresh parsley
potato mash, to serve

1. Brush steaks with 1 tablespoon olive oil and and sprinkle with cracked pepper. Lightly press pepper onto steaks.
2. Preheat flat plate or grill plate on setting 8. Toss mushrooms in remaining oil. Cook for 3-4 minutes or until soft. Transfer mushrooms to a bowl, add Worcestershire sauce and parsley. Cover to keep warm.
3. Preheat flat or grill plate on the 'sear' setting. Cook steaks for 2-3 minutes each side or until cooked as desired. Serve steaks with mushrooms and potato mash.

Recipes continued

Oregano and Lemon Chicken

Serves: 4

Preparation: 10 minutes

Cooking: 8 minutes

2 tablespoons olive oil

1/3 cup lemon juice

1 tablespoon finely chopped fresh oregano

salt and freshly ground black pepper

12 chicken tenderloins, trimmed

tzatziki and salad leaves to serve

1. Combine oil, lemon juice, oregano, salt and pepper in a shallow dish. Add chicken and toss to coat in mixture. Cover and place in the fridge to marinate for 1-2 hours.
2. Preheat flat plate or grill plate on the 'sear' setting. Cook chicken for about 2-3 minutes each side or until cooked. Serve chicken with tzatziki.

Pesto Chicken Skewers

Makes: 8

Preparation: 15 minutes (+ 15 minutes marinating time)

Cooking: 10 minutes

800g chicken breast fillets, trimmed, cut into 2cm pieces

1/2 cup bought basil pesto

Cooking oil spray

1. Thread chicken onto skewers. Place in a shallow dish. Brush with pesto and turn to evenly coat. Cover and place in the fridge for 15 minutes to marinate.
2. Preheat flat plate or grill plate on the 'sear' setting. Spray chicken with cooking oil. Season with freshly ground black pepper. Cook, turning occasionally, for about 10 minutes or until brown and cooked through. Serve.

Recipes continued

Pork with Thyme and Mustard

Serves: 4

Preparation: 10 minutes

Cooking: 6-8 minutes

2 tablespoons olive oil

2 tablespoons red wine vinegar

1 tablespoon thyme leaves

½ teaspoon caster sugar

2 teaspoons Dijon mustard

4 (120g each) pork medallions

baked potatoes and salad, to serve

1. Combine oil, vinegar, thyme and sugar in a shallow dish. Add pork and toss to coat in mixture. Cover and place in the fridge to marinate for 1-2 hours.
2. Preheat flat plate or grill plate on the 'sear' setting. Cook pork for 3-4 minutes each side or until cooked as desired. Serve pork with baked potatoes and salad.

Souvlaki Lamb Cutlets

Serves: 4

Preparation: 10 minutes (+marinating time)

Cooking: 5-7 minutes

18 small lamb cutlets, trimmed

2 cloves garlic, crushed

1 tablespoon finely chopped fresh oregano

2 tablespoons lemon juice

¼ cup olive oil

1. Combine lamb, garlic, oregano, lemon juice and olive oil in a shallow dish. Place lamb and toss to coat in mixture. Cover and place in fridge to marinate for 1-2 hours.
2. Preheat flat plate or grill plate on the 'sear' setting.
3. Cook lamb for 2-3 minutes each side or until cooked as desired.

Recipes continued

Fish Fillets with lemon and herbs

Serves: 4

Preparation: 10 minutes

Cooking: 8 minutes

2 tablespoons olive oil

¼ cup lemon juice

1 tablespoon thinly sliced chives

1 tablespoon finely chopped dill

salt and freshly ground black pepper

4 (150g each) boneless white fish fillets

chips and salad leaves, to serve

1. Combine oil, lemon juice, chives, dill, salt and pepper in a shallow dish. Add fish and toss to coat in mixture.
2. Preheat flat plate on setting 7-8. Cook fish for 3-4 minutes each side or until just cooked. Serve fish with chips and salad leaves.

Grilled Salmon with Lime Aioli

Serves: 4

Preparation: 7 minutes

Cooking: 12 minutes

2 tablespoons olive oil

¼ cup lime juice

salt and freshly ground black pepper

4 (200g each) salmon fillets

lime aioli, to serve

1. Combine oil, lime juice, salt and pepper in a shallow dish. Add salmon and toss to coat in mixture.
2. Preheat flat plate or grill plate on setting 7-8. Cook salmon for 5-6 minutes each side or until cooked as desired. Serve salmon with lime aioli.

Recipes continued

Buttermilk Pikelets

Makes: 18

Preparation: 15 minutes

Cooking: 12-18 minutes

- 1 egg
- ¼ cup caster sugar
- 1 cup self-raising flour, sifted
- pinch salt
- ½ teaspoon bi-carb soda
- $\frac{2}{3}$ - $\frac{3}{4}$ cup buttermilk
- 30g butter, melted

1. Beat egg and sugar with an electric mixer until light and creamy.
2. Add sifted flour, salt, bi-carb soda, buttermilk, butter and beat until smooth.
3. Preheat flat plate on setting 5-4. Spray with cooking oil spray. Add tablespoons of mixture and cook for 2-3 minutes each side or until golden.

Ricotta Pancakes

Makes: 6

Preparation: 15 minutes

Cooking: 18 minutes

- 1 cup self-raising flour
- 1 teaspoon baking powder
- pinch salt
- ¼ cup caster sugar
- 125g fresh ricotta cheese
- 1 egg, lightly beaten
- 1 cup milk
- 40g butter, melted

1. Sift flour, baking powder and salt into a bowl. Stir in sugar.
2. Place ricotta in a separate bowl. Add egg and beat together. Gradually add milk and beat until combined.
3. Add ricotta mixture and butter to dry ingredients. Whisk until smooth.
4. Preheat flat plate on setting 4-5. Spray with cooking oil spray. Add $\frac{1}{3}$ cup mixture. Cook for 2-3 minutes each side or until puffed and golden.
5. Serve with raspberries, banana, honey or yoghurt.

Notes

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