

Sunbeam BBQ Grill

INSTRUCTION/RECIPE BOOKLET



HG055

An introduction to your BBQ Grill.

Congratulations on the purchase of your Sunbeam BBQ Grill. You can now enjoy delicious, healthy barbecued meals in minutes.

Compact and versatile, the Sunbeam BBQ grill is lightweight and easy to use. Perfect indoors for cooking quick family meals, or outdoors when entertaining.

Take time to read through this book and you will soon discover how quick and convenient barbecuing can be!

Sunbeam's Safety Precautions.

SAFETY PRECAUTIONS FOR YOUR BBQ GRILL.

- Use well away from walls and curtains.
- Do not immerse the control probe in water or any other liquid.
- Do not use the control probe in any other appliance.
- For indoor use, adequate ventilation or an exhaust fan is recommended.
- Always use this appliance under a sheltered roof when cooking outdoors.
- Do not leave plastic utensils in contact with appliance while cooking.
- Only use appliance fully assembled with all parts correctly in place, as specified in this instruction book.

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 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 your electricity supplier or qualified technician.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the underside of 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 or infirm persons 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 in 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 immerse in water.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof means as specified by S.A.A. (Standards Association of Australia). Such appliances should always be returned to the nearest 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 Service Centre for examination, repair or adjustment. As a service to Customers, Service Centres will carry out a free check on your appliance to ensure it is electrically safe.
- 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 the power outlet in use.

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

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 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

Features of your Sunbeam BBQ Grill.

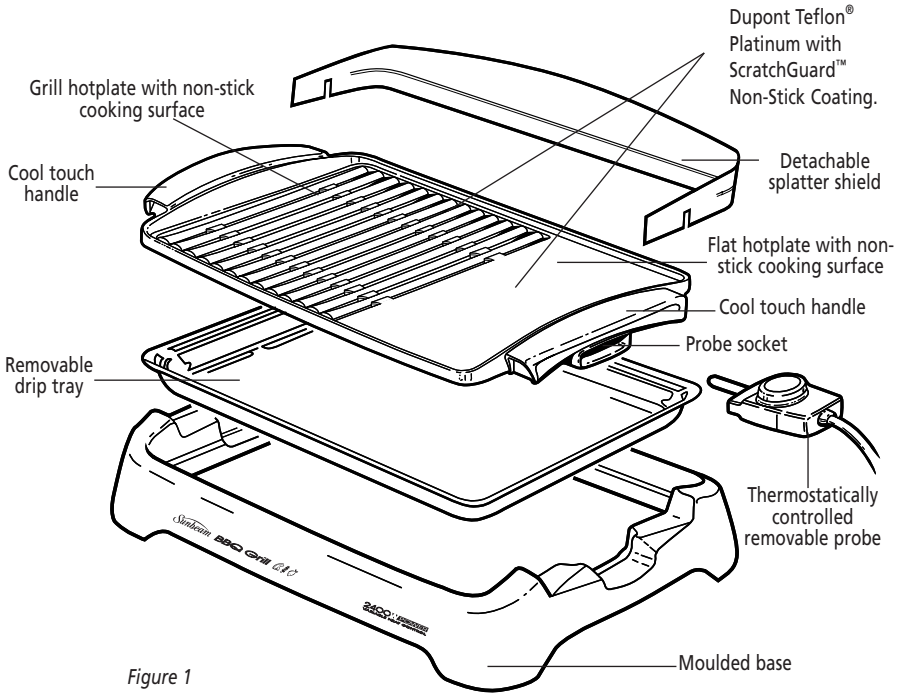


Figure 1

Dupont Teflon® Platinum with ScratchGuard™ Non-Stick Coating.
Safe to use with metal utensils. Up to 10 times more scratch-resistant than other non-stick coatings.

Powerful 2400 watt element.
The element is cast into the hotplate to ensure fast heat-up, even heat distribution and long element life.

Grill hotplate.
Sears in the juices and flavours of your favourite foods, and allows fats to drip through the grill bars for healthy, fat free cooking.

Flat hotplate.
Ideal for frying a variety of foods including eggs, bacon, onions, mushrooms and tomatoes.

Detachable splatter shield.
Prevents fats and juices from splashing onto the bench surface. Also acts as a wind shield for outdoor cooking.

15 heat settings plus SuperSear.
15 heat settings provide perfect control in specific cooking tasks. The SuperSear setting is specially designed to produce quick, powerful heat for searing and sealing in juices.

Thermostatically controlled removable probe.
The control probe is thermostatically controlled to ensure constant temperature, and is removable for portability and easy cleaning.

Removable drip tray.
Collects fats and juices during cooking. Dishwasher safe for easy cleaning.

Cool touch handles.
Fit securely into the moulded base for easy carrying.

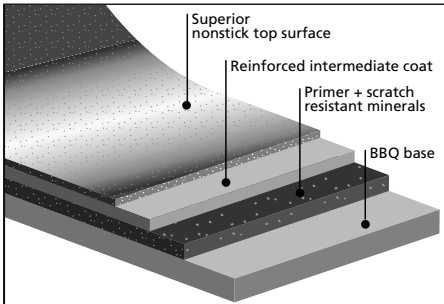
Moulded base.
Supports the hot plate and drip tray. Made from durable, heat resistant Nylon.

Features of your BBQ Grill.

DuPont Teflon® - Platinum with ScratchGuard™ Non-Stick Coating

Your Sunbeam BBQ Grill features DuPont's toughest non-stick coating produced to date - Platinum 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.

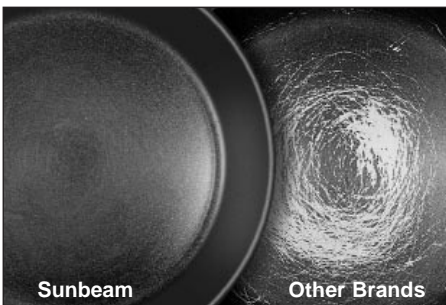


Platinum with ScratchGuard - 3 layer scratch resistant coating

Teflon Platinum 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 BBQ Grill.

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.



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

So tough is the new Teflon Platinum coating that it is up to 10 times more scratch resistant than other non-stick coatings*.

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

How to use your Sunbeam BBQ Grill.

Before first use.

Remove sticker from hotplate. Wash the hotplate and drip tray in warm soapy water using a mild household detergent. Dry hotplate and drip tray thoroughly.

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

Position the hotplate over base and drip tray, as shown in Figure 1.

For better non-stick performance, "season" the cooking surface of the hotplate by applying a thin coat of cooking oil and rubbing in with paper towelling before each use.

WARNING: Charcoal or similar combustible fuels must not be used with this appliance.

Using your BBQ Grill.

1. Insert the control probe fully into the socket of the hotplate.
2. Plug the cord into a 230/240V power outlet and turn the power ON.
3. Set the control probe dial to the desired heat setting, or the heat setting recommended in the recipe. When the thermostat light on the control probe switches off, the desired cooking temperature has been reached and the BBQ Grill is ready to use.

Note: The thermostat light on the control probe indicates the BBQ Grill is heating. This light will remain ON until the set temperature has been reached and then will cycle ON and OFF throughout cooking. This will ensure that the BBQ Grill always maintains the selected temperature.

The pre-heat time will depend on the heat setting selected. If a high heat setting is selected, a longer pre-heat time is required.

Using the Splatter Shield.

To attach the splatter shield to your BBQ Grill, position the shield on the hotplate so that the slots in the shield are resting securely over the ribs at either end of the hotplate, as shown in Figure 2. The splatter shield simply lifts off for easy cleaning and storage.

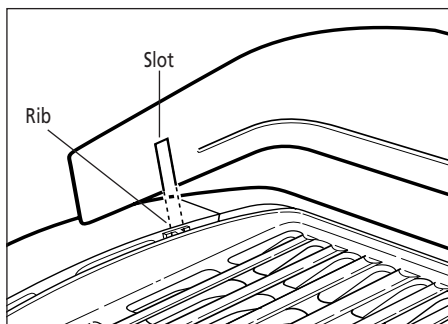


Figure 2

Handy Hints.

- 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.
- Avoid turning food regularly. Once the food has been seared on both sides, cook food at a reduced heat setting. This prevents the food from drying out and will cook your food more evenly. Avoid overcooking meat as the texture will toughen.
- The grill hotplate is ideal for cooking a variety of meats, including beef, fish and poultry. The grill bars allow the fats and juices to drain into the drip tray for healthy, fat free cooking.
- The large flat hotplate is ideal for cooking a variety of foods such as eggs, bacon, mushrooms, tomatoes and onions. It is also handy for keeping foods warm, including stuffed mushrooms, filled potatoes or corn on the cob.
- The variable heat control has a wide range of heat settings ideal for specific cooking tasks. The table below lists suggested heat settings.

Setting	Function
1 - 5	Low heat settings - keep warm
6 - 10	Medium heat settings - to cook food thoroughly
11 - 15	High heat settings - for fast cooking and sealing in juices
SuperSear	Super heat setting - for searing and quick browning

Note:

The BBQ Grill will take 5 minutes to reach the correct cooking temperature when set to the SuperSear setting. The hotplate is then ready for cooking. The indicator light will remain ON for a further 5 minutes until the temperature begins to cycle.

Note:

When barbecuing on high heat settings, the BBQ Grill will generate smoke. Selecting a lower heat setting will reduce smoke. For indoor use, adequate ventilation is recommended.

Care and Cleaning.

Do not leave plastic utensils in contact with hotplate while cooking.

Before cleaning turn the power OFF, then **REMOVE** the plug from the outlet and the control probe from the socket of the BBQ Grill.

DuPont Teflon® Platinum Non-stick Coating

Your BBQ Grill 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 BBQ Grill. 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 BBQ Grill and lid thoroughly with a soft cloth before storing.

Always turn the power OFF and **REMOVE** the plug from the power point before cleaning. Remove the Control Probe from the socket of the BBQ Grill.

Control Probe.

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

Do not immerse the control probe in water or any other liquid.

NEVER use the BBQ Grill control probe in any other Sunbeam appliance.

Storage

Store the probe carefully in a safe place. Sunbeam suggest storing the control probe in its original foam packaging to prevent damage. Do not knock or drop it as this can damage the probe. If damage is suspected, return the control

probe to your nearest Sunbeam Service Centre for inspection. Refer to the back of this book for Service Centre listings.

Hotplate, Drip Tray and Splatter Shield.

The element in the hotplate is totally sealed, so it is safe to fully immerse in water. Wash the hotplate, drip tray and splatter shield in warm soapy water using a mild household detergent and a soft washing sponge.

A bottle brush may be used to clean between the hotplate grill bars.

The hotplate, drip tray and splatter shield are also dishwasher safe.

Do not use abrasives or metal scourers as they will scratch the non-stick cooking surface. Dry each part of the BBQ Grill 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 place the moulded base in a dishwasher.

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

Storage.

Always dry and assemble the BBQ Grill before storing. Ensure the drip tray and hotplate are correctly positioned.

Store the assembled BBQ Grill on a flat surface on your benchtop or cupboard.

Important:

Before inserting control probe in probe socket, ensure the interior of the socket is fully dry. To do this, wipe interior of socket with a dry cloth or shake out excess water vigorously.

Sunbeam is a registered trademark. Platinum with ScratchGuard is a trademark of DuPont. 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 any Sunbeam products, contact the Sunbeam Consumer Service Line on 1800 025 059 in Australia. In New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

Recipes.

Thai Lamb Cutlets

Serves 5

- 10 Lamb cutlets*
- 3/4 cup satay sauce*
- 1/4 teaspoon ginger*
- 1/4 teaspoon crushed garlic*

Pre-heat BBQ Grill on SuperSear.
Combine satay sauce, ginger and garlic together.
Brush cutlets with sauce and place on BBQ Grill.
Cook for 2 minutes each side, brushing with satay sauce.
Reduce heat to setting 10 and cook for a further 6-8 minutes or until desired.
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

- 1/4 cup lemon juice*
- 1 teaspoon olive oil*
- 1 tablespoon fresh oregano, chopped*
- 1 teaspoon fresh rosemary, chopped*
- 2 teaspoons crushed garlic*

Pre-heat BBQ Grill on SuperSear.
Combine all ingredients of marinade together.
Thread diced lamb onto 10 kebab skewers. Place skewers in a deep dish and pour marinade over skewers.
Place skewers on BBQ Grill and cook for 4 minutes each side. Reduce heat to setting 10 and cook for a further 6 minutes, or until cooked.
Serve with Greek salad and hot crusty bread.

Recipes.

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 BBQ Grill on SuperSear. Sear steaks on each side for 4 minutes.

Reduce heat to setting 10 and cook for a further 6-8 minutes or until cooked, turning occasionally.

Serve on a bed of pasta or rice.

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 BBQ Grill on heat setting 10.

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 mariade and place on BBQ Grill.

Cook for 10 minutes each side. Reduce heat setting to 8 and cook for a further 10 minutes or until cooked throughout.

Recipes.

Garlic Prawns

Serves 4

1 kg 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 BBQ Grill on SuperSear. Cook prawns for 4 minutes each side, occasionally brushing with marinade.

Reduce heat to setting 11 and cook for a further 8-10 minutes or until cooked throughout.

Crunchy Corn On The Cob

Serves 4

4 corn cobs

75g butter, melted

1 teaspoon crushed garlic

Salt and pepper to taste

Pre-heat BBQ Grill on SuperSear.

Melt butter with garlic in a saucepan over low heat.

Brush corn cobs with melted butter and place on BBQ Grill. Cook for 2 minutes each side.

Reduce temperature to setting 11. Cook for a further 10-12 minutes, turning frequently.

Season with salt and pepper to taste.

Note: To keep corn warm, wrap in aluminium foil and place on the flat hotplate - reduce heat to setting 5.

Stuffed Calamari

Serves 4

8 small squid/calamari tubes, cleaned

Stuffing

1 cup breadcrumbs

1/3 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 BBQ Grill on SuperSear.

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

Place calamari onto the BBQ Grill and cook for 5 minutes on each side.

Reduce heat to setting 11 and cook for a further 10-12 minutes or until cooked throughout.

Remove toothpicks before serving.

Recipes.

Mediterranean Octopus

Serves 4

1kg baby Octopus

Marinade

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

1/3 cup soy sauce

1 tablespoon oil

2 tablespoons chopped fresh oregano

1/4 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 BBQ Grill on heat setting 12. Cook octopus for 8-10 minutes each side or until tender.

Pepper Steak

Serves 4

4 pieces thin fillet steak

2 tablespoons crushed black peppercorns

Sauce

30g butter

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 BBQ Grill on SuperSear.

Place steaks on BBQ Grill and cook for 5-7 minutes on each side 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.

Recipes.

Herbed Chicken Drumsticks

Makes 10

10 chicken drumsticks

Marinade

1 tablespoon each of chopped parsley, oregano and thyme

1/2 cup soy sauce

1/4 cup lemon juice

2 tablespoons oil

1 shallot, finely chopped

1/2 teaspoon crushed garlic

Wash drumsticks under cold water and trim edges of skin. Place in a shallow dish.

Combine all marinade ingredients and pour over chicken. Refrigerate for 2 hours.

Pre-heat BBQ Grill on SuperSear.

Cook drumsticks for 5 minutes each side.

Reduce heat to setting 11 and cook for a further 25-35 minutes, or until cooked throughout.

Barbecued Snapper

Serves 4

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 BBQ 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 BBQ Grill on heat setting 12. Sear fish for 5 minutes each side, turning gently.

Reduce heat to setting 10 and cook for 25 minutes or until cooked throughout. Turn fish over occasionally while cooking.

Recipes.

Spicy New Zealand Mussels

Serves 12

12 New Zealand Mussels

Marinade

3 tablespoons oil

2 tablespoons vinegar

1/2 tablespoon chopped fresh oregano

1/2 teaspoon freshly ground black pepper

1/2 red chilli, finely chopped

Scrub exterior of mussels with a washing brush to remove any grains. Place in a shallow bowl.

Combine all ingredients of marinade together and pour over mussels. Try pouring a little marinade in the opening of each mussel. Allow to stand for 15 minutes.

Pre-heat BBQ Grill on heat setting 11. Cook mussels for 10 minutes, turning regularly.

Increase temperature to the SuperSear setting, and move mussels to cook on the flat hotplate.

Cook for a further 5 minutes or until mussels start to open slightly.

Gourmet Sandwiches

Serves 2

4 rashers bacon

2 small chicken breasts

1/2 avocado, sliced thinly

Cos lettuce, washed

Mayonnaise

6 thick bread slices, crust removed and toasted

Spread

20g softened butter } *combined*
1 clove crushed garlic }

Pre-heat BBQ Grill on heat setting 13.

Grill chicken breast until tender, about 7-10 minutes each side. When cooked, chop or shred into pieces.

Meanwhile, remove rind from bacon and place bacon on flat hotplate. Cook until crisp.

To assemble sandwiches

Use 3 slices of bread for each sandwich. Spread each slice with a little butter/garlic spread.

Place shredded chicken, avocado slices, bacon and lettuce on the bottom piece of bread.

Top with a little mayonnaise and second slice of bread.

Repeat procedure again and top with third slice of bread.

Cut in half, placing 2 toothpicks on each side of the bread to hold ingredients together while cutting.

Recipes.

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 BBQ Grill on heat setting 12.

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

Combine marinade ingredients and brush over kebabs.

Place on BBQ Grill and cook 5-8 minutes each side or until desired. Continually brush kebabs with marinade.

Citrus Salmon

Serves 4

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 BBQ Grill on heat setting 12. Cook for 2 minutes each side, continuously brushing with marinade.

Reduce heat to setting 10 and cook for a further 5 minutes on each side. Season with salt and pepper to taste.

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