

 Catler®

800 SERIES
PREMIUM GRADE TOOLS

Instructions
for use

CONTACT GRILL



GR 8012

CONTACT
GRILL

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Congratulations

on the purchase of your new Contact Grill GR 8012

Catler

A close-up, black and white photograph of the handle of a contact grill. The handle is cylindrical and has a matte finish. The brand name 'Catler' is embossed on the handle in a stylized, italicized font. The background is a light, neutral color, and the lighting creates soft shadows and highlights on the handle's surface.

Inspired by the belief that healthy, low-fat meals can taste great, your Catler Contact Grill GR 8012 is designed with innovative features and heavy-duty components; ensuring powerful performance and healthy, tasty meals and snacks.

In developing this booklet our goal was to provide you with the essential point from which you can start exploring the practical and everyday ways to make the best use of your Contact Grill GR 8012. Contact Grill GR 8012 represents easy cooking of nutritious meals.

We would just like to say thank you, and...

enjoy.



CATLER RECOMMENDS SAFETY FIRST

We at Catler are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition, we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precaution:

IMPORTANT SAFEGUARDS FOR YOUR CONTACT GRILL GR 8012

WARNING!
AFTER PUTTING INTO OPERATION, THE TOP PLATE GETS VERY HOT. DO NOT TOUCH THE HOT SURFACE. TO LIFT UP THE TOP PLATE, USE ONLY THE LEVELLING HANDLE! WHEN TURNED OFF THE DEVICE, THE TOP PLATE WILL STAY WARM FOR SOME TIME. BEFORE ANY FURTHER OPERATION, LET THE DEVICE COOL DOWN. IF YOUR SKIN GETS IN TOUCH WITH A HOT SURFACE, YOU RISK A BURN!

- Carefully read all instructions before operating and save for future reference.
- Remove any promotional stickers or labels before using the Contact Grill for the first time.
- Do not place the Contact Grill near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water, etc.
- Do not place the Contact Grill on or near a hot gas or electric burner, or where it could touch a heated oven. Use the Contact Grill well away from walls.
- Provide adequate space above and on all sides for air circulation around the Contact Grill.
- Do not place the Contact Grill on any surface that may be affected by heat. The use of a heat resistant mat is recommended on these surfaces.
- Always ensure the Contact Grill is properly assembled before use.
- Do not touch hot surfaces. Use the handle to lift and open the top plate. Take care when using the Adjustable Grilling Height Control.
- Do not leave the Contact Grill unattended when in use.
- Do not place anything on top of the Contact Grill when the lid is closed, when in use and when stored.
- Always switch the Contact Grill off, then switch off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the exterior housing and the non-stick cooking plates clean. Follow the cleaning instructions provided in this book.
- To protect against electric shock, do not immerse cord, plug or appliance in water or any other liquid.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces, or become knotted.
- It is recommended to inspect the appliance regularly. Do not use the appliance if power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville service centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised 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.
- 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.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES.

- Fully unwind the cord before use.

CAUTION: FULLY UNWIND THE CORD FROM THE CORD STORAGE FACILITY BEFORE USE



CAUTION: Hot Surface

The temperature of accessible surfaces may be high when the appliance is operating.

- This appliance is not intended for use by young children or infirm persons without supervision.
- Young children should be supervised to ensure that they do not play with the appliance.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
- Keep the appliance and its cord out of reach of children less than 8 years.

KNOW YOUR CONTACT GRILL GR 8012

Quantanium non-stick scratch resistant surface

Grill Lock dial



Stylish stainless steel design

Non-stick ribbed top plate

Non-stick flat bottom cooking plate

Removable drip tray

2400 watts of power

Cord storage

Unique floating hinged top plate

Patented adjustable Grilling Height Control feature

Levelling handle

Variable temperature control dial

15 minute timer dial

Base plate tilt dial

Red heating light

ON/OFF switch (ON - I, OFF - O)



Operating

OPERATING YOUR CONTACT GRILL GR 8012



Remove any promotional materials and packaging materials before use. Check that the cooking plates are clean and free of dust. If necessary, wipe over with a damp cloth.

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



TO USE AS AN OPEN GRILL

1. Insert the plug into a 230/240 V power outlet and switch the power ON. Switch the on/off button to 'I'. The red heating light will illuminate.
2. Ensure the Removable Drip Tray is correctly inserted and positioned back into the appliance (see Fig 1).
3. Ensure the top plate is in the closed position for more efficient preheating.
4. Turn the Base Plate Tilt Dial to the Flat position.
5. Turn the Variable Temperature Control Dial to 'Sear' for fast preheating.
6. Allow the Contact Grill to preheat until the red heating light goes out.
7. The Grill must be closed to release the lock. Turn the Grill Lock Dial on the side of the grill to horizontal position (see Fig 2) and use the handle to pull the top plate into the open position (see Fig 3).

NOTE:

It is important that the base plate is in the flat position when using as an open grill.

NOTE:

Grill Lock will automatically reset when returned to the 'closed' position.

8. Place meat or foods to be cooked on either or both of the cooking plates. Refer to Grilling recipes or guide for cooking times.
9. When the food is cooked, remove using a plastic spatula.

NOTE:

Use the 15 minute Timer Dial to select a pre-heating or cooking time between 1 – 15 minutes. The Dial will need to be rotated clockwise completely before selecting the desired time.

When the selected time has elapsed, a bell will ring once.

The grill will not turn off, it will remain heating.



TO USE AS A CLOSED GRILL

1. Insert the plug into a 230/240 V power outlet and switch the power ON. Switch the ON/OFF button to 'I'. The red heating light will illuminate.
2. Ensure the Removable Drip Tray is correctly inserted and positioned back into the appliance (see Fig 1).
3. Ensure the top plate is in the closed position for more efficient preheating.
4. Turn the Base Plate Tilt Dial to the Angle or Flat position.
5. Turn the Variable Temperature Control dial to 'Sear' for fast preheating.
6. Allow the Contact Grill to preheat until the red heating light goes out.
7. Use the handle to pull the top plate into the 90° position

8. Place meat or foods to be cooked on the base cooking plate. Refer to Grilling recipes or guide for cooking times.

NOTE:

The Contact Grill can be used to cook foods in the open or closed position.

9. Use the handle to close the top plate. The top plate has a floating hinge system that is designed to press down evenly on the food. The Grilling Height Control on the right hand side of the top plate is used to adjust for the thickness of the food. The levelling handle on the right hand side of the top of the grill may be used to even out the top plate (see Fig 4). The top plate must be fully lowered to achieve grill marks onto the food.



10. When the food is cooked, use the handle to open the top plate. Remove the food using a plastic spatula.

NOTE:

The red heating light will cycle on and off during the cooking process indicating that the correct temperature is being maintained.

TO USE AS A SANDWICH PRESS

1. Insert the plug into a 230/240 V power outlet and switch the power on. Switch the ON/OFF button to 'I'. The red heating light will illuminate.
2. Ensure the Removable Drip Tray is correctly inserted and positioned back into the appliance.
3. Ensure the top plate is in the closed position for more efficient preheating.
4. Turn the Base Plate Tilt Dial to the Flat position.
5. Turn the Variable Temperature Dial to the 'Sandwich' position.
6. Allow the Contact Grill to preheat until the red heating light goes out.
7. During this time, prepare the sandwich and place it onto the base plate. Always place sandwiches towards the rear of the base plate.
8. Use the handle to close the top plate. The top plate has a floating hinge system that is designed to press down evenly on the sandwich. The Grilling Height Control on the right hand side of the top plate is used to adjust for the thickness of the sandwich. The levelling handle on the right hand side of the top of the grill may be used to even out the top plate.

NOTE:

Always allow the Contact Grill to preheat until the red heating light goes out.

9. Toasting should take approximately 5-8 minutes. Exact toasting time will be a matter of preference. It will also depend on the type of bread and filling used.
10. When the sandwich is cooked, use the handle to open the top plate. Remove the sandwich using a plastic spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating of the cooking plates.

NOTE:

The red heating light will cycle on and off during the toasting process indicating that the correct temperature is being maintained.

CAUTION: FULLY UNWIND THE CORD FROM THE CORD STORAGE FACILITY BEFORE USE

USING THE ADJUSTABLE GRILLING HEIGHT CONTROL FEATURE.

Your Contact Grill features an Adjustable Grilling Height Control feature which allows you to fix the top plate to a range of positions above the base plate.

This allows your Contact Grill to be used as an open toaster, ideal for toasting open sandwich style 'melts'. It can also be used to grill delicate ingredients such as fish and hamburger buns without squashing.

1. Allow the Contact Grill to preheat until the red heating light goes out.
2. Place the food to be grilled on the base plate.
3. Move the Adjustable Grill Control clip on the right hand side of the Contact Grill to the desired height (see Fig 5).
4. Slowly lower the top plate, using the levelling handle on the top right-hand side of the plate, until it rests in the appropriate position above the food (see Fig 6).
5. The top plate will radiate the desired heat to melt ingredients such as cheese or lightly grill foods.



NOTE:

The Adjustable Grill Height Control can be moved to accommodate thick or thin foods by sliding the clip forwards or backwards along the arm.



BASE PLATE TILT DIAL

1. To place the base plate into the sloped position, simply turn the Base Plate Tilt Dial anti-clockwise until the dial reaches the 'angle' position. This position is suitable for achieving the maximum fat drainage when using the Contact Grill as a closed grill.
2. To place the base plate into the flat position, turn the Base Plate Tilt Dial clockwise until the dial reaches the 'flat' position. This position is ideal for cooking sausages, pancakes, eggs, etc when a flat plate is required so that the foods do not run or slide off the grill. It is important to use the flat position when using the Contact Grill as an open grill.

VARIABLE TEMPERATURE CONTROL DIAL

The Contact Grill GR 8012 features a Variable Temperature Control dial which allows a variety of foods to be cooked. Just select a temperature suited to the foods which are being cooked.

With the dial set on Sear the temperature is correctly suited to grill meats or other foods.

With the dial set on Sandwich the temperature is correctly suited to toasting sandwiches.

15 MINUTE TIMER DIAL

The Contact Grill GR 8012 features a 15 minute timer which allows you to monitor the time elapsed during preheating or cooking. To set the timer, simply turn the dial clockwise completely to the '15' position and then anticlockwise to select the desired minutes. The timer will ring once when the desired time has elapsed. The grill will not turn off, it will remain heating.



HINTS FOR BEST GRILLING RESULTS

MEAT

For best grilling results use meat cuts which are thick enough to touch the top and base plate when the Contact Grill is closed.

RECOMMENDED CUTS

- | | |
|------|---|
| Beef | Sirloin (New York), Rump, Rib Eye (Scotch Fillet), Fillet. |
| Lamb | Trim Lamb Leg Steaks, Fillet, Eye of Loin, Cutlets and Diced Lamb. |
| Pork | Butterfly Loin Steaks, Spare Ribs, Leg Steaks, Fillets, Diced Pork. |

Tougher cuts such as beef blade, topside steak, lamb forequarter or neck chops can be used. To tenderise these cuts marinate them for a few hours or overnight in a marinade with wine or vinegar to help break down the connective tissue.

It is not recommended to cook items with thick bones such as T-bone steaks.

Do not salt meat before cooking. Salt will draw out the juices toughening the meat.

If using a marinade recipe or pre-marinated meats from your meat retailer, drain excess marinade off and dab with kitchen paper before placing on the Contact Grill. Some marinades contain high sugar levels which can scorch on the grill plate when cooked.

Do not over cook meat, some meats are better served pink and juicy.

Do not pierce meat with a fork or cut meat while cooking. This will let the juices escape, resulting in a tougher, dry steak. Use tongs instead.

When removing fish pieces, use a flat heat resistant plastic spatula to support the food.

Parboiling sausages can alleviate the need to pierce sausages before cooking.

GRILLING GUIDE

Contact Grilling is a healthy and efficient way to cook. The cooking times are approximate due to variances in ingredient thickness.

NOTE:

These times relate to when the grill is in the closed and on the contact position.

INGREDIENT AND TYPE	COOKING TIME
Beef <ul style="list-style-type: none"> • sirloin steak • minute steak • hamburger patties 	3 minutes for medium rare 5-6 minutes for well done 1-2 minutes 4-6 minutes
Pork <ul style="list-style-type: none"> • fillet • loin steaks 	4-6 minutes
Lamb <ul style="list-style-type: none"> • loin • cutlets • leg steaks 	3 minutes 4 minutes 4 minutes
Chicken <ul style="list-style-type: none"> • breast fillet • thigh fillet 	6 minutes or until cooked through 4-5 minutes or until cooked through
Sausages <ul style="list-style-type: none"> • thin • thick 	3-4 minutes 6-7 minutes
Sandwich or Focaccia	3-5 minutes or until golden brown
Vegetables sliced 1/2"; 1.25 cm thick <ul style="list-style-type: none"> • eggplant • zucchini • sweet potato 	3-5 minutes
Seafood <ul style="list-style-type: none"> • fish fillet • fish cutlets • octopus (cleaned) • shrimp • scallops 	2-4 minutes 3-5 minutes 3 minutes 2 minutes 1 minute

Cleaning

CARE AND CLEANING

Before cleaning, switch the grill off at the ON/OFF button, switch off at the power outlet and unplug. Allow your Contact Grill to cool before cleaning. The appliance is easier to clean when slightly warm.

Always clean your Contact Grill after each use to prevent a build up of baked-on foods.

Wipe cooking plates with a soft cloth to remove food residue. For baked on food residue squeeze some warm water mixed with detergent over the food residue then clean with a non abrasive plastic scouring pad.

NOTE:

The cooking plates are coated with a non-stick surface, do not use abrasives.

Do not use spray-on non-stick coatings as this will affect the performance of the non-stick surface on the cooking plates.

CLEANING THE DRIP TRAY

Remove and empty the Drip Tray after each use and wash the tray in warm, soapy water. Avoid the use of scouring pads or harsh detergents as they may damage the surface.

Rinse and dry thoroughly with a clean, soft cloth and replace.

QUANTANIUM SCRATCH RESISTANT COATING

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

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

Do not use sharp objects or cut food inside the Contact Grill. Catler will not be liable for damage to the non-stick coating where metal utensils have been misused.

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier.

Any discolouration that may occur will only detract from the appearance of Contact Grill and will not affect the cooking performance.

When cleaning the non-stick coating, do not use metal (or other abrasive) scourers. Wash in hot soapy water. Remove stubborn residue with a non abrasive plastic scouring pad or nylon washing brush.

WARNING: DO NOT IMMERSE ANY PART OF THE CONTACT GRILL GR 8012 IN WATER OR ANY OTHER LIQUID

STORAGE

To store your Contact Grill:

1. Switch off the appliance at the on/off button, switch off at the power outlet and unplug.
2. Allow the Contact Grill to fully cool.
3. Slide the storage clip towards the front handle to the LOCK position so that the top and bottom cooking plates are locked together.
4. Slide the removable drip tray into place.
5. Wrap the cord in the cord storage area below the appliance.
6. Store on a flat, dry, level surface.

NOTE:

For added convenience the Contact Grill may be stored standing up in a vertical position.



INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS

Dispose of packaging material at a public waste disposal site.

DISPOSAL OF USED ELECTRICAL AND ELECTRONIC APPLIANCES



The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this product at your applicable collection point for the recycling of electrical & electronic equipment waste. Alternatively in some states of the European Union or other European states you may return your products to your local retailer when buying an equivalent new product. The correct disposal of this product will help save valuable natural resources and help in preventing the potential negative impact on the environment and human health, which could be caused as a result of improper liquidation of waste. Please ask your local authorities or the nearest waste collection centre for further details. The improper disposal of this type of waste may fall subject to national regulations for fines.

For business entities in the European Union

If you wish to dispose of an electrical or electronic device, request the necessary information from your seller or supplier.

Disposal in other countries outside the European Union

If you wish to dispose of this product, request the necessary information about the correct disposal method from local government departments or from your seller.



This product meets all the basic EU regulation requirements that relate to it.

Changes to the text, design and technical specifications may occur without prior notice and we reserve the right to make these changes.

Recipes

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BEEF MEALS

AUSSIE BURGER

Serves 4

500g minced beef
1 cup fresh bread crumbs
1 small onion, peeled and finely chopped
1 teaspoon minced garlic
1 tablespoon chopped parsley
1 egg, lightly beaten

To cook and serve:

4 bacon rashers
4 hamburger buns or full grain rolls
1 250g tin beetroot slices, drained
2 roma tomatoes, thinly sliced
Tomato sauce
4 cheddar cheese slices
1/4 iceberg lettuce heart, shredded

Preheat Contact Grill until the Heating light turns off.

1. Combine all ingredients in a large mixing bowl and mix thoroughly. Form mince into 4 patties. Set aside.
2. Place patties on grill and allow the top plate to rest on the patties. Adjust the Grilling Height Control to the thickness of the patties. Cook for 4-5 minutes or to your required doneness.
3. Place bacon on grill cook for 2 minutes. Lightly spread buns with butter or margarine.
4. Place a pattie on each bun and top with bacon, beetroot, tomato, tomato sauce and cheese. Add lettuce to burgers and place reserved roll halves on top.

Serve immediately.

CHILLI BEEF SALAD WITH CASHEWS

Serves 4

500g rump or sirloin steak
3 mild red chillies, chopped
2 tablespoons soy sauce
1 teaspoon crushed ginger
1/2 teaspoon crushed garlic
Salad greens

To serve:

1/2 cup chopped cashew nuts soy sauce

Preheat Contact Grill until the Heating light turns off.

1. Slice steak into thin strips and combine with chilli, soy, ginger and garlic. Allow to marinate for 20 minutes.
2. Place salad greens in individual serving bowls.
3. Turn the Base Plate Tilt Dial to flat, open the grill and cook beef on flat plate for 1-2 minutes each side.
4. Place on top of greens and sprinkle with cashew nuts and soy sauce.

MARINATED NEW YORK CUT STEAK

Serves 4

1 cup red wine
2 tablespoons olive oil
1 tablespoon Dijon style mustard
1 teaspoon minced garlic
4 New York cut steaks

To serve:

Creamy mashed potato
Crisp green salad

Preheat Contact Grill until the Heating light turns off.

1. Combine wine, oil, mustard and garlic in a screw top jar and shake well. Place steaks in a shallow dish, pour over marinade.
2. Allow to marinate at room temperature for 30 minutes to 1 hour.
3. Remove steaks from marinade and place on grill. Cook for 3 minutes for medium rare.
4. Serve with creamy mashed potato and a crisp salad.

LAMB MEALS

OREGANO LAMB KEBABS

Serves 4

1 tablespoon olive oil
1 tablespoon lemon juice
1 teaspoon chopped garlic
1 tablespoon dried oregano leaves
500g lamb loin, cut into 3 cm cubes
freshly ground black pepper
Wooden skewers, soaked in water

To serve:

Salad leaves
Black olives
Crumbled feta cheese

Preheat Contact Grill until the Heating light turns off.

1. Combine oil with lemon juice and garlic in a large mixing bowl. Add lamb and allow to marinate for 30 minutes before threading onto 4 kebab skewers.
2. Season each kebab generously with pepper and place on grill.
3. Allow the top plate to rest lightly on lamb. Cook for 4-5 minutes.
4. Serve with crusty bread and a Greek salad of salad leaves, black olives and crumbled feta cheese.

RED WINE AND ROSEMARY LAMB STEAKS

Serves 8

8 125g lamb steaks
2 tablespoons rosemary leaves
1/3 cup red wine
freshly ground black pepper
1/4 teaspoon crushed garlic

To serve:

Steamed green beans

Preheat Contact Grill until the Heating light turns off.

1. Place steaks in a shallow dish. Combine rosemary, wine, pepper and garlic and pour over steaks. Allow to marinate for at least 20 minutes.
2. Turn the Base Plate Tilt Dial to flat, open the grill. Place prepared steaks onto ribbed grill and cook for 3 minutes each side until cooked to your liking. Serve with steamed green beans.

THAI GREEN CURRY LAMB CUTLETS

Serves 4

1 tablespoon Thai green curry paste
3 tablespoons coconut cream
1 tablespoon chopped coriander
12 lamb cutlets, trimmed

To serve:

Steamed rice and greens

Preheat Contact Grill until the Heating light turns off.

1. Combine curry paste, coconut cream and coriander. Spoon over cutlets and allow to marinate for 20 minutes.
2. Turn the Base Plate Tilt Dial to flat, open the grill, place cutlets on ribbed grill and cook for 3 minutes each side or until cooked to your liking. Serve with steamed rice and greens.

CHICKEN MEALS

TERIYAKI CHICKEN FILLETS

Serves 4

- 1 tablespoon mirin
- 2 tablespoons soy sauce
- 2 teaspoons caster sugar
- 2 teaspoons cooking sake
- 2 chicken breast fillets, halved lengthways

To serve:

- Lemon wedges
- Steamed rice
- Salad of green leaves

Preheat Contact Grill until the Heating light turns off.

1. Combine mirin, soy sauce, sugar and sake. Place chicken in a stainless steel baking dish and pour prepared marinade over. Allow to stand for 30 minutes before cooking.
2. Place chicken on grill and allow top plate to gently rest on chicken.
3. Cook for 4-5 minutes until chicken is cooked through.
4. Remove and allow to rest for 5 minutes before serving on a bed of steamed rice. Garnish with lemon wedges and accompany with a salad of green leaves.

LEMON AND HONEY CHICKEN SKEWERS

Serves 4

- 500g chicken breast fillets
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 2 teaspoons sesame seeds
- 1 teaspoon grated ginger
- Wooden skewers, soaked in water

To serve:

- Steamed basmati rice
- Steamed green vegetables

Preheat Contact Grill until the Heating light turns off.

1. Slice chicken into thin strips and thread onto 8 skewers. Place skewers on pre-heated lower grill and lower top plate. Allow to cook for 3 minutes or until cooked through.
2. While chicken is cooking combine lemon juice, honey, sesame and ginger. Serve skewers on steamed rice and pour over the lemon and honey sauce. Serve with steamed greens and steamed basmati rice.

GRILLED CHICKEN WITH LEMON THYME

Serves 4

- 4 chicken breast fillets
- 2 teaspoons olive oil
- 2 teaspoons crushed garlic
- 2 tablespoons lemon thyme leaves
- 1 teaspoon grated lemon rind
- 2 tablespoons lemon juice
- cracked black pepper

To serve:

- lemon wedges
- crisp green salad

Preheat Contact Grill until the Heating light turns off.

1. Place chicken breasts in large flat dish. Combine oil, garlic, lemon thyme, lemon rind and juice and pepper and mix well. Pour over chicken breasts. Allow to marinate for 15 minutes.
2. Turn the Base Plate Tilt Dial to flat, open the grill, place chicken on ribbed grill and cook for 3 minutes each side or until cooked to your liking. Slice breasts diagonally, serve with lemon wedges and a green salad.

FISH AND SEAFOOD MEALS

ATLANTIC SALMON STEAK WITH TARRAGON AND PEPPER CRUST

Serves 4

2 tablespoons olive oil
2 tablespoons dried tarragon leaves
freshly ground black pepper
4 Atlantic salmon steaks – weighing approx 180g each

To garnish:

Lime or lemon wedges

To serve:

Steamed baby potatoes

Preheat Contact Grill until the Heating light turns off.

1. Combine oil with tarragon and a generous and coarse grinding of black pepper.
2. Brush salmon on both sides with mixture and place on grill.
3. Adjust the grilling height control to just touch the top of the fish steak.
4. Allow to cook for 2 minutes for fish to be golden on the outside and 'rosy' pink on the inside. Cook a further 2 minutes to cook through.
5. Remove from grill and serve immediately with the steamed potatoes.

BABY OCTOPUS WITH CHILLI AND GARLIC

Serves 4

750g baby octopus, cleaned
2 tablespoons olive oil
2 tablespoon Thai style sweet chilli sauce
juice and zest of 1 lime
1 teaspoon minced garlic

To garnish:

Lime wedges

Coriander sprigs

To serve:

Lightly steamed vermicelli noodles

Preheat Contact Grill until the Heating light turns off.

1. In a large mixing bowl combine octopus with oil, chilli sauce, lime zest, juice and garlic. Toss well to combine and season with pepper.
2. Place octopus on pre-heated grill and lower press. Allow to cook for 3 minutes.
3. Remove from grill and serve on top of vermicelli noodles, garnish with lime and coriander.

LEMON AND SOY MARINATED SALMON

Serves 4 as an entree

300g piece salmon fillet, skin removed
2 tablespoons soy sauce
1 teaspoon wasabi paste
2 tablespoons lemon juice
2 teaspoons sesame oil

To serve:

Pickled ginger

Sautéed spinach

Preheat Contact Grill until the Heating light turns off.

1. Cut salmon into 1cm thick slices. Combine soy, wasabi, lemon juice and sesame oil. Pour over salmon and allow to marinate for 20 minutes.
2. Turn the Base Plate Tilt Dial to flat, open the grill, place salmon on flat plate for 20-30 seconds each side or until seared. Serve salmon with spinach and ginger.

HOT GINGERED PRAWNS

Serves 4

1 kg green king prawns, peeled with tails intact

1 teaspoon crushed garlic

1/4 cup soy sauce

1/4 cup dry white wine

1 tablespoon finely shredded ginger

350 ml Thai sweet chilli sauce

Wooden skewers, soaked in water

To serve:

Steamed jasmine rice

Sautéed chinese broccoli

Preheat Contact Grill until the Heating light turns off.

1. Thread prawns onto soaked wooden skewers approx 4 per skewer.
2. Combine remaining ingredients and mix well, pour over prawn skewers. Place skewers on pre heated grill and lower top plate, cook for 1 minute or until pink and tender. Serve with steamed rice and broccoli.

VEGETABLE MEALS

GRILLED BABY BOK CHOY WITH OYSTER SAUCE

- 4 baby bok choy (50g each)
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 2 tablespoons lemon juice
- 2 teaspoons brown sugar

Preheat Contact Grill until the Heating light turns off.

1. Discard outer leaves of bok choy and halve the bok choy, wash well. Preheat Grill to medium heat.
2. Turn the Base Plate Tilt Dial to flat, open the grill and cook bok choy cut side down on flat plate for 2 minutes or until tender.
3. To make oyster sauce combine soy, oyster sauce, lemon juice and sugar. Serve with the sauce drizzled over bok choy.

SANDWICHES

BAGEL WITH SMOKED SALMON AND CAPERS

Serves 4

4 bagels – split

4 tablespoons cream cheese

8 slices smoked salmon

6 shallots, peeled and sliced finely lengthwise

1 tablespoon capers, drained and chopped

1 lemon

freshly ground black pepper

Preheat Contact Grill on Sandwich setting until the Heating light turns off.

1. Spread base of bagels with cream cheese. Lay salmon slices over, divide shallots between the 4 bagels, sprinkle over capers and squeeze with lemon juice. Season with pepper and place top on bagel.
2. Place in pre-heated grill and allow top plate to gently rest on bagels using the adjustable height control.
3. Allow to toast for 1 1/2 minutes or until required doneness. Remove from press and serve immediately.

BAGEL WITH SMOKED TURKEY, CRANBERRY AND CAMEMBERT CHEESE

Serves 4

4 bagels – split butter or margarine

4 slices smoked turkey breast – cut in half

3 tablespoons cranberry sauce

1 cup snow pea sprouts

1 small camembert cheese, cut into fine slices

Preheat Contact Grill on Sandwich setting until the Heating light turns off.

1. Lightly spread bagels with butter or margarine. Arrange half the turkey slices in bagels. Spread the cranberry sauce. Top with snow pea sprouts, then camembert slices and finally remaining turkey.
2. Place in pre-heated grill and allow top plate to gently rest on bagels using the adjustable height control.
3. Allow to toast for 1 1/2 minutes or until required doneness. Remove from press and serve immediately.

LEG HAM AND SEEDED MUSTARD ON WHOLE GRAIN BREAD

Serves 4

8 slices 'large' size wholegrain pre-sliced bread butter or margarine

4 slices leg ham

3 tablespoons seeded mustard

1 avocado, peeled and sliced thinly and

squeezed with lemon juice

1 vine-ripened tomato, sliced

6-8 inner leaves of cos lettuce, roughly torn

Preheat Contact Grill on Sandwich setting until the Heating light turns off.

1. Lightly spread bread with butter or margarine. Place ham on half the bread and spread with mustard. Lay avocado slices over, then tomato and finally lettuce leaves.
2. Top with remaining bread slices and place in grill, allow press to gently rest on bread, cook until golden brown.
3. Remove from press. Cut each sandwich in half and serve immediately.

SMOKED CHICKEN WITH BASIL AND FRESH MANGO

Serves 4

8 slices 'large' wholegrain pre-sliced bread butter or margarine

250g sliced smoked chicken – smoked chickens are available from better delis and supermarkets – char-grilled rotisserie chicken can be substituted

1 medium size ripe mango, peeled and sliced

3-4 tablespoons whole egg mayonnaise

1 1/2 cup basil leaves roughly torn

freshly ground black pepper

Preheat Contact Grill on Sandwich setting until the Heating light turns off.

1. Lightly spread bread with butter or margarine. Arrange chicken on half the bread, then place mango slices over chicken. Spoon mayonnaise over the mango and scatter with basil leaves. Season with pepper.
2. Top with remaining bread and place sandwiches in pre-heated grill. Allow grill to gently rest on bread, cook until golden brown.
3. Remove from grill. Cut each sandwich in half and serve immediately.

LAVOSH ROLL WITH PRAWNS, LIME AND MAYONNAISE

Serves 4

4 slices lavosh bread

6 tablespoons mayonnaise

500g medium sized king prawns, shelled, deveined and roughly chopped

1 punnet alfalfa sprouts

6-8 inner leaves of cos lettuce, cut into strips

juice of 1 lime

freshly ground black pepper

Preheat Contact Grill on Sandwich setting until the Heating light turns off.

1. Place lavosh bread flat on work surface. Spread with mayonnaise (then keeping all ingredients on one end of bread) divide prawns between lavosh and top with sprouts and lettuce. Squeeze with lime juice and season with pepper.
2. Roll lavosh firmly, but not too tightly. Place in pre-heated grill and allow top plate to rest gently on bread.
3. Allow to cook until lavosh is a light golden brown.
4. Remove from grill and cut in half, wrap each half in a paper napkin and serve immediately.

ROAST CHICKEN ROLL WITH SEMI-DRIED TOMATOES AND ROCKET

Serves 4

4 slices pita bread

6 tablespoons mayonnaise

250g sliced or chopped char-grill rotisserie chicken

1 cup semi-dried tomatoes, roughly chopped

1 bunch rocket leaves, roughly torn

freshly ground black pepper and sea salt

Preheat Contact Grill on Sandwich setting until the Heating light turns off.

1. Place pita bread flat on work surface. Spread with mayonnaise (then keeping all ingredients on one end of bread) divide chicken between pita and top with tomatoes and rocket.
2. Season generously and then roll pita firmly but not too tightly. Place in pre-heated grill and allow top plate to rest gently on bread.
3. Allow to cook until pita is a light golden brown.
4. Remove from grill and serve immediately as is or cut each pita in half and wrap in a paper napkin to serve.

PASTRAMI ON TURKISH WITH MUSTARD MAYONNAISE

Serves 6

1 Turkish bread cut into 6 equal sections butter
or margarine

18 slices pastrami

6 tablespoons mustard mayonnaise

2 vine-ripened tomatoes, sliced

2 cups baby spinach leaves

12 slices Swiss style cheese

freshly ground black pepper

Preheat Contact Grill on Sandwich setting until
the Heating light turns off.

1. Cut each section of Turkish bread through
the centre and set aside top pieces. Lightly
spread Turkish bread with butter or
margarine. Divide the pastrami between
the Turkish bread. Spread pastrami with
mustard mayonnaise.
2. Arrange tomato slices over and then baby
spinach leaves. Place cheese over each
Turkish bread and then top with reserved
bread slices.
3. Place Turkish bread in pre-heated grill and
allow grill to gently rest on bread.
4. Allow to cook until Turkish bread is lightly
browned and cheese has melted slightly.

TURKISH BREAD WITH SALAMI, BOCCONCINI AND PESTO

Serves 6

1 Turkish bread cut into 6 equal sections butter
or margarine

18 slices Italian or Spanish salami

6 bocconcinni, sliced

1 punnet cherry tomatoes cut in half

1 cup pesto – available from better delis and
supermarkets

Preheat Contact Grill on Sandwich setting until
the Heating light turns off.

1. Cut each section of Turkish bread through
the centre and set aside top pieces. Lightly
spread Turkish bread with butter or
margarine. Divide the salami between the
Turkish bread. Arrange bocconcinni over
and then cherry tomatoes.
2. Spoon pesto over and top with reserved
bread slices.
3. Place in pre-heated grill and allow press to
gently rest on bread.
4. Allow to cook until Turkish bread is lightly
browned.

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