

Breville

INDOOR GRILL
A N D B B Q

INDOOR GRILL

A N D B B Q

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Breville

Congratulations

on the purchase of your new Breville Die Cast Series Indoor Grill and BBQ

Breville

A close-up, black and white photograph of a stainless steel surface, likely part of a Breville indoor grill or BBQ. The surface has a fine, brushed texture. The word "Breville" is embossed or laser-etched into the metal, appearing in a bold, sans-serif font. The lighting creates soft highlights and shadows, emphasizing the metallic texture and the three-dimensional quality of the logo.

Inspired by the belief that healthy, low-fat meals can taste great, your Breville Die Cast Series Indoor Grill and BBQ 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 800GRXL. As part of the Die Cast Series product range, the 800GRXL represents easy cooking of nutritious meals.

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

enjoy.





IMPORTANT SAFEGUARDS

We at Breville 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 precautions:

READ ALL INSTRUCTIONS

- Carefully read all instructions before operating and save for future reference.
- To protect against fire, electrical shock and injury to persons do not immerse the appliance, cord or plug in water or any other liquid.
- Always use the Grill on a dry level surface.
- Do not leave the appliance unattended when in use.
- When using this appliance, provide adequate air space above and on all sides for circulation.
- On surfaces where heat may cause a problem, an insulating mat is recommended.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Do not touch hot surfaces. Use the handle to lift the top plate.
- Do not let the cord hang over the edge of a table or counter where it can be pulled on by children or tripped over unintentionally. Do not let the cord touch hot surfaces or become knotted.
- Young children or infirm persons should be supervised to ensure that they do not play with or misuse the appliance.
- Always remove the plug from the power outlet before attempting to move the appliance, when the appliance is not in use, before cleaning and storing.
- Do not use harsh abrasives, caustic cleaners or oven cleaners when cleaning this appliance
- Do not use this appliance for other than its intended use.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and call Breville Customer Service at 1-866-BREVILLE.
- No user-serviceable parts inside.
- Refer servicing to qualified personnel.
- Do not use outdoors
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "off," then remove plug from wall outlet.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Do not operate without drip tray in place.

UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING. ALLOW TO COOL BEFORE PUTTING ON OR TAKING OFF PARTS, AND BEFORE CLEANING THE APPLIANCE.

THE USE OF ACCESSORY ATTACHMENTS NOT RECOMMENDED BY THE APPLIANCE MANUFACTURER MAY CAUSE INJURIES.

FULLY UNWIND THE CORD FROM THE CORD STORAGE FACILITY BEFORE USE.

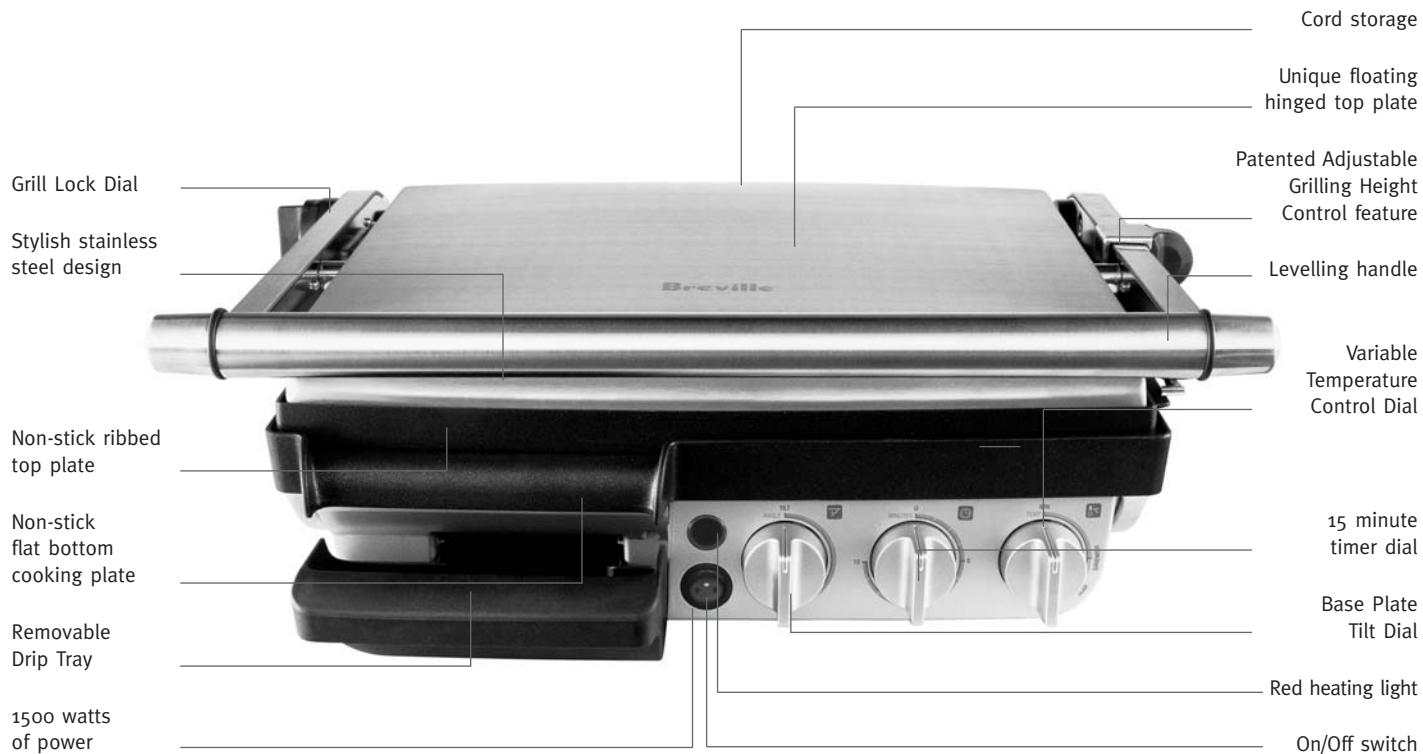
SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTE: Your Breville appliance comes with the unique Assist™ Plug, conveniently designed with a finger hole in the power plug, for easy and safe removal from the outlet. For safety reasons it is recommended you plug your Breville appliance directly into the power outlet. **DO NOT** use in conjunction with a power strip or extension cord.

ELECTRIC CORD STATEMENT

Your grill has a short cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping or becoming entangled with the cord. Do not allow children to be near or use this appliance without close adult supervision. If you must use a longer power cord or an extension cord when using the appliance, the cord must be arranged so it will not drape or hang over the edge of a countertop, tabletop or surface area where it can be pulled on by children or tripped over. To prevent electric shock, personal injury or fire, the electrical rating of the extension cord you use must be the same or more than the wattage of the appliance (wattage is marked on the underside of the appliance).

KNOW YOUR BREVILLE DIE CAST SERIES INDOOR GRILL AND BBQ





Operating

OPERATING YOUR BREVILLE DIE CAST SERIES INDOOR GRILL AND BBQ

FIG 1



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 Indoor Grill and BBQ 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.

FIG 2



FIG 3



TO USE AS AN OPEN GRILL

1. Insert the plug into a 110v power outlet. Switch the On/Off button to 'ON'. 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 Indoor Grill and BBQ 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 vertical 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.

FIG 3



TO USE AS A CLOSED GRILL

1. Insert the plug into a 110v power outlet and switch the power 'ON'. Switch the On/Off button to 'ON'. The red heating light will illuminate.
2. Ensure the Removable Drip Tray is correctly inserted and positioned back into the appliance (see Fig 3).
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 Indoor Grill and BBQ 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 Indoor Grill and BBQ 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 PANINI PRESS

1. Insert the plug into a 110v power outlet. Switch the On/Off button to 'ON'. 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 and cooking.
4. Turn the Base Plate Tilt Dial to the 'Flat' position.
5. Turn the Variable Temperature Dial to the 'Panini' position.
6. Allow the Indoor Grill and BBQ to preheat until the red heating light goes out.
7. During this time, prepare the panini and place it onto the base plate. Always place paninis 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 panini. The Grilling Height Control on

the right hand side of the top plate is used to adjust for the thickness of the panini. 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 Indoor Grill and BBQ 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 panini is cooked, use the handle to open the top plate. Remove the panini 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 Indoor Grill and BBQ 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 Indoor Grill and BBQ to be used as an open toaster, ideal for toasting open panini style 'melts'. It can also be used to grill delicate ingredients such as fish and hamburger buns without squashing.

1. Allow the Indoor Grill and BBQ 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 Indoor Grill and BBQ 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 Indoor Grill and BBQ 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 Indoor Grill and BBQ as an open grill.

VARIABLE TEMPERATURE CONTROL DIAL

The Breville Indoor Grill and BBQ 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 'Panini' the temperature is correctly suited to toasting paninis.

15 MINUTE TIMER DIAL

The Breville Indoor Grill and BBQ 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 anti-clockwise 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 Indoor Grill and BBQ 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 Indoor Grill and BBQ. 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.

GRILL AND BBQ GUIDE

Contact Grilling and BBQ 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	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	Chicken <ul style="list-style-type: none"> • breast fillet • thigh fillet 	6 minutes or until cooked through 4-5 minutes or until cooked through
Pork <ul style="list-style-type: none"> • fillet • loin steaks 	4-6 minutes	Panini	3-5 minutes or until golden brown
Lamb <ul style="list-style-type: none"> • loin • cutlets • leg steaks 	3 minutes 4 minutes 4 minutes	Vegetables sliced ½"; 1.25 cm thick <ul style="list-style-type: none"> • eggplant • zucchini • sweet potato 	3-5 minutes
Sausages <ul style="list-style-type: none"> • thin • thick 	3-4 minutes 6-7 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 Indoor Grill and BBQ to cool before cleaning. The appliance is easier to clean when slightly warm.

Always clean your Indoor Grill and BBQ 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

The bottom plate of your Indoor Grill and BBQ features a special scratch resistant non-stick coating that makes it safe to use metal utensils when cooking.

Regardless of this fact, Breville 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 Indoor Grill and BBQ. Breville 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 Indoor Grill and BBQ 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 BREVILLE INDOOR GRILL AND BBQ IN WATER OR ANY OTHER LIQUID.

STORAGE

To store your Indoor Grill and BBQ:

1. Switch off the appliance at the On/Off button, and remove cord from the power outlet.
2. Allow the Indoor Grill and BBQ 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 Indoor Grill and BBQ may be stored standing up in a vertical position.





Recipes

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
¼ iceberg lettuce heart, shredded

Preheat Indoor Grill and BBQ 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.

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 Indoor Grill and BBQ 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.

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 Indoor Grill and BBQ 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.

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 Indoor Grill and BBQ 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.

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 Indoor Grill and BBQ 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.

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 Indoor Grill and BBQ 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.

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 Indoor Grill and BBQ 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 Indoor Grill and BBQ 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.

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 Indoor Grill and BBQ until the 'Heating' light turns off.

1. Slice steak into thin strips and combine with chill, 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.

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 Indoor Grill and BBQ 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.

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 Indoor Grill and BBQ 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 Indoor Grill and BBQ 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.

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 Indoor Grill and BBQ 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 Indoor Grill and BBQ 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.

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 Indoor Grill and BBQ on ‘Panini’ 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 Grilling Height Control.
3. Allow to toast for 1½ 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 Indoor Grill and BBQ on ‘Panini’ 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 Grilling Height Control.
3. Allow to toast for 1½ 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 Indoor Grill and BBQ on ‘Panini’ 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 panini 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 Indoor Grill and BBQ on 'Panini' 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 paninis in pre-heated grill. Allow grill to gently rest on bread, cook until golden brown.
3. Remove from grill. Cut each panini 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 Indoor Grill and BBQ on 'Panini' 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 Indoor Grill and BBQ on 'Panini' 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 Indoor Grill and BBQ on 'Panini' 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 Indoor Grill and BBQ on 'Panini' 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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