

**SALTER®**  
Let's **GO Healthy.**



**MARBLE  
EFFECT**  
NON-STICK  
COATING

## **MULTI**PORTION GRILL

With a marble effect coating that is easier to clean and requires little or NO oil

**COOK AN ENTIRE MEAL USING ONE VERSATILE GRILL—RECIPES INCLUDED**

**SALTER®**

**MULTIPORTION GRILL**

With a marble effect coating that is easier to clean and requires little or NO oil

*"I love making healthy meals  
on my Salter Multi  
Portion Grill"*

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Please read all of the instructions carefully and retain for future reference.

## **Safety Instructions**

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by

pulling the cord; switch it off and remove the plug by hand.  
Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only heat-resistant plastic or wooden spatulas to avoid damaging the non-stick surface.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The door or the outer surface of the appliance may get hot during operation.



**Caution:** Hot surface – do not touch the hot section or heating components of the appliance.

Take care not to pour water on the heating element.

**Warning:** Keep the appliance away from flammable materials.

## Care and Maintenance

**STEP 1:** Before attempting any cleaning or maintenance, unplug the grill from the mains power supply and check that it has fully cooled. Always detach the power supply attachment before cleaning.

**STEP 2:** Wipe the grill housing with a soft, damp cloth and dry thoroughly.

**STEP 3:** Clean the accessories/cooking base in warm, soapy water, then rinse and dry thoroughly.

**STEP 4:** Remove baked on food by applying a small amount of warm water mixed with a mild detergent to the non-stick coated cooking plates, and wipe them clean with a paper towel or non-abrasive scourer.

Do not immerse the grill in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the grill or its accessories, as this could damage the surface.

**Note:** The grill should be cleaned after every use.

## Getting Started

Remove the appliance from the box.

Remove any packaging from the appliance.

Place the packaging in the box and either store or dispose of carefully.

## In the Box

Multiportion Grill

Power supply cord with adjustable thermostat

Instruction manual

## Features

1500 W power

Marble effect non-stick coating

Easy to clean

Little or no oil required

Adjustable temperature control dial

5 cooking surfaces: 2 frying, 2 egg/pancake, 1 griddle

## Description of Parts



## Instructions for Use

### Before First Use

**STEP 1:** Check that the grill is switched off and unplugged from the mains power supply.

**STEP 2:** Wipe the base unit and non-stick cooking plate with a soft, damp cloth and dry thoroughly.

**STEP 3:** Carefully seat the non-stick cooking plate into the base unit, aligning the metal tab on the base unit with the slot on the underside of the non-stick cooking plate. The tab must be correctly inserted to allow the power supply cord to be attached, following the instructions in the section entitled 'Using the Multiportion Grill'.

**Note:** When using the grill for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the grill.

### Using the Multiportion Grill

**STEP 1:** Fit the power supply cord by securely inserting it into the socket on the side of the base unit. Check that it is fully pushed in, seated securely and that all

connections are dry. Only ever insert the power supply cord the right way up, with the temperature control dial facing upwards. Never connect the power supply cord if any components are wet.

**STEP 2:** Prepare the ingredients that are to be cooked.

**STEP 3:** Plug in and switch on the grill at the mains power supply.

**STEP 4:** Select the required heat setting by turning the temperature control dial in a clockwise direction; the indicator light will illuminate, signalling that the grill is heating up.

**STEP 5:** Preheat the grill for approx. 2–3 minutes (for the higher heat settings). The indicator light will turn off once the required temperature has been reached.

**STEP 6:** Place the prepared ingredients onto the non-stick coated cooking plate, selecting the appropriate surface type for the type of food being cooked.

The non-stick cooking plate is made up of three different surface types, ideal for cooking different types of foods at once.

1. The egg/pancake sections are ideal for fried eggs, pancakes, potato rosti, potato cakes and general frying.
2. The flat grill sections are perfect for vegetables, sauces and accompaniments.
3. The griddle section makes cooking meats, fish and poultry simple.

**STEP 7:** Cook for the required length of time, depending upon the type of ingredients and the heat setting used.

**STEP 8:** Once cooking is complete, remove the food with a heat-resistant plastic or wooden spatula.

**STEP 9:** To turn off the grill, turn the temperature control dial in an anticlockwise direction to the '0' position.

**STEP 10:** Switch off and unplug the grill from the mains power supply and allow to cool. Once cool, remove the power supply cord by pulling it away from the base unit and store safely.

**Note:** Always preheat the non-stick cooking plate before starting to cook.

Carefully apply a thin coat of cooking oil to the non-stick cooking plate, rubbing it in with a paper towel. This will help to prolong the life of the non-stick coating.

During use the indicator light will cycle on and off to indicate that the grill is maintaining the selected temperature.

**Caution:** The cooking plate gets very hot during use; always use heat-resistant gloves to avoid injury.

**Warning:** Exercise caution during cooking; the grill may emit steam.

## Hints and Tips

1. For chargrilled meats, use the griddle portion of the non-stick cooking plate. To achieve the perfect grill marks, do not move the food until halfway through the overall cooking time, then flip and do not move the food until the cooking time is complete.
2. When cooking foods that require different temperatures, cook the foods that require the highest heat setting first and then turn down the grill before adding the remaining ingredients.
3. Once cooking is complete, the grill can be carried to the table for easy serving. Switch off the power cord at the wall and remove the temperature control dial. Keep the base attached to the grill and carry it using the base handles, which remain at a safe temperature. It is recommended to use heat-resistant oven gloves when handling the grill.
4. When cooking smaller foods, use a small heat-resistant plastic or wooden spoon to flip the ingredients.

## Storage

Check that the grill is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the grill; wrap it loosely to avoid causing damage.

## Specifications

Product code: EK2419

Input: 220–240 V ~ 50/60 Hz

Output: 1500 W



# **SALTER®**

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## **MULTIPORTION GRILL RECIPES**

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# BREAKFAST RECIPES



## Full English Breakfast

### Ingredients

150 g mushrooms, chopped  
25 g butter

3 sausages  
3 rashers bacon

2 large eggs  
½ tin baked beans

### Method

Preheat the grill to heat setting 5.

Place sausages into one of the egg/pancake sections, and cook for approx. 10 minutes.

Add the bacon to the griddle section, flip the sausages and cook for a further 5 minutes.

Move the sausages to the griddle section with the bacon and turn the temperature down to heat setting 3.

Place the mushrooms onto the flat grill section and add the butter. Pour the beans into the other flat grill section, before cracking an egg into each of the egg/pancake sections. Keep stirring the beans and the mushrooms and cook for a further 5 minutes, until all of the ingredients are cooked thoroughly.

## American-style Breakfast

### Ingredients

3 rashers streaky bacon  
3 chipolata sausages  
2 eggs

### For the Pancakes

150 g plain flour  
1 egg  
125 ml milk  
2 tbsp caster sugar

2 tbsp melted butter or  
vegetable oil  
1 tsp baking powder  
½ tsp salt  
Maple syrup, to serve

### Method

Sift together the flour, baking powder, salt and sugar. Add the milk, egg, and butter/oil; whisk together to form a smooth batter. If the batter is too thick, add a dash of milk.

In a separate bowl, beat two eggs and season as desired.

Preheat the grill to heat setting 5. Add the bacon to the griddle section and the sausages to one of the flat grill sections. Cook for approx. 8 minutes until the bacon is crispy. Reduce the temperature to heat setting 3 and add the egg to the remaining flat grill section. Pour the pancake batter into the two egg/pancake sections so that they form perfect round pancakes. Keep stirring the eggs and flip the pancakes after approx. 3 minutes. Leave to cook for a further 3 minutes and serve.

Pancakes can be made in batches until the batter has run out. Serve with maple syrup.



# MEAT/POULTRY RECIPES



## Lamb Chops with Sweet Potato and Seasonal Veg

### Ingredients

2 lamb chops  
1 large sweet potato, peeled  
and chopped  
1 red onion, cut into wedges

1 garlic clove, chopped  
3 tbsp extra virgin olive oil  
1 tsp thyme, chopped  
1 tsp rosemary, chopped

Seasonal vegetables, as desired  
Salt and pepper, to taste

### Method

Parboil the chopped sweet potato in boiling water for approx. 10 minutes, until softened and then drain. Mix the rosemary, thyme, garlic and oil in a small bowl. Coat the lamb chops in the marinade and season. Preheat the grill to heat setting 4 and add oil to the griddle section. When the oil is hot, add the sweet potato. Turn them continuously until they begin to brown, then move the sweet potato to the flat grill section. Cook the lamb chops to taste in the griddle section with the red onion, turning occasionally. Add the chosen seasonal vegetables to the other sections and cook thoroughly. Serve the lamb with the sweet potato and seasonal vegetables.

## Lamb with Moroccan Vegetable Cous Cous

### Ingredients

450 g diced lamb shoulder  
100 g cous cous, cooked and  
ready to eat  
1 small red onion, cut into wedges  
1 red pepper, cut into 1cm chunks

1 small courgette, halved  
lengthways and chopped into  
½ cm chunks  
1 tbsp Greek yoghurt  
2 tsp ground ginger

1 tsp ras el hanout  
1 tsp ground cinnamon  
Small handful of fresh thyme

### Method

In a small bowl, marinade the lamb with the ras el hanout, cinnamon and ginger. Set to one side. Preheat the grill to heat setting 3. Grill the courgettes, red onion and pepper in the flat grill section until brown and soft. Cook the lamb in the griddle section for approx. 8 minutes or until cooked to taste. Once the vegetables are soft, mix into the cous cous and add the thyme. Serve the lamb with greek yoghurt.

## Chorizo and Beef Burgers with Red Onion Marmalade

### Ingredients

250 g beef mince	½ pack sliced chorizo, chopped	1 tsp of dried oregano
2 brioche buns	2 tbsp tomato ketchup	1 pinch plain flour, optional
1 red onion, sliced thinly	1–2 tbsp balsamic vinegar	Salt and pepper, to taste
1 baby gem lettuce, shredded	1 tbsp salad dressing	
1 avocado	1 tbsp olive oil	

### Method

Preheat the grill to heat setting 2.

To make the marmalade, heat a splash of olive oil in the flat grill section. Add the red onion with a pinch of salt and black pepper. After approx. 10 minutes, add the balsamic vinegar and leave to cook slowly.

For the burgers, combine the beef mince with oregano, chorizo and ketchup and season. Flour can be used to help to bind the burger.

Divide the mixture into equal portions and create burger patties; avoid compacting the meat too much.

Remove the onion marmalade from the grill and set aside to cook the burgers.

Rub a coating of oil onto each burger and place them onto the griddle section of the grill. Turn the temperature up to heat setting 4 and cook the burgers for approx. 15 minutes, turning occasionally to guarantee an even cook.

Carefully prepare the avocado by cutting around the stone lengthways through the skin and flesh. Twist the avocado halves to separate them and then remove the stone. Scoop out the avocado flesh and mix with the lettuce and dressing.

Toast the brioche buns on the grill using the egg/pancake section for approx. 2 minutes on each side. Add the onion marmalade back to the grill to heat up if required.

Place the burgers onto the brioche buns and top with red onion marmalade. Serve with the avocado salad.

## Surf & Turf

### Ingredients

2 x 450 g sirloin steaks	1 clove garlic, crushed	2 tbsp olive oil
200 g whole or peeled prawns	Handful cherry tomatoes	Salt and pepper, to taste
150 g mushrooms	2 tbsp butter	
6 large asparagus tips	1 tsp dried thyme	

### Method

Preheat the grill to heat setting 5.

In the griddle section, drizzle in some of the olive oil and place both of the steaks onto the non-stick cooking plate; avoid moving the steaks to achieve perfect grill marks.

In the flat grill sections, place the cherry tomatoes, mushrooms, asparagus tips and prawns. Drizzle olive oil over all ingredients and season as desired.

Continue to cook until all of the ingredients are cooked thoroughly, flipping the steaks halfway through cooking. Towards the end of the cooking time, use the butter, garlic and thyme to baste the steak. For perfect medium rare, cook the steaks for approx. 4 minutes on each side. This can be adjusted to suit your taste.

## Mixed Grill

### Ingredients

400 g beef sirloin steak	1 chicken breast	2 tbsp oil
4 mushrooms, quartered	1 gammon steak	Salt and pepper, to taste
2 sausages	1 tomato, halved	

### Method

Preheat the grill to heat setting 5.

Add 1 tbsp oil to the griddle section and cook the chicken for 1 minute on each side. Once browned, move to the flat grill section to continue cooking.

Add the sausages to the griddle section and cook for 1 minute on each side, turning frequently. Once browned, move to the egg/pancake section to continue cooking.

Place the gammon onto the griddle section and cook for 1 minute on each side. Once browned, move to the flat grill section and cook through.

Add 1 tbsp oil and cook the mushrooms and tomato in the empty egg/pancake section, stirring frequently.

Add the steak to the griddle section and cook for approx. 4–5 minutes each side, or to your preference.



## Tandoori Mixed Grill with Paneer Tikka

### Ingredients

5 tbsp Tandoori Masala  
Barbecue Spice Blend

#### Or create your own using:

1 tbsp Kashmiri chilli powder  
1 tsp ground cardamom  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp ground turmeric  
¼ tsp ground cinnamon  
¼ tsp cayenne pepper  
½ tsp ground cloves  
Freshly grated nutmeg

500 g full fat yoghurt  
25 g ginger, grated  
3 garlic cloves, crushed  
½ lemon, juice only  
Salt and freshly ground  
black pepper

#### For the Mixed Grill:

250 g paneer (Indian cheese)  
12 large raw king prawns, shelled,  
tail tip left on, deveined  
4 thick lamb chops  
4 chicken boneless thigh fillets,  
skinned, tenderised

#### For the Paneer Marinade:

3 tbsp vinegar  
2 tbsp oil  
2 tbsp red chilli powder  
1 tbsp ginger garlic paste  
2 tsp roasted cumin powder  
1½ tsp garam masala powder  
Salt to taste

#### To Serve:

Naan bread  
Lemon wedges  
Raita (optional)

### Method

Combine the grill marinade dry ingredients (if using own) with the yoghurt, ginger, garlic cloves and lemon juice. Season well.

Divide the marinade between three bowls, adding the lamb to one, chicken to another and prawns to the final bowl. Cover and marinate for at least 2 hours or overnight if possible.

Cut the paneer into small chunks and add the pieces to a bowl with the paneer marinade ingredients. Mix well and leave to marinate for 2 hours.

Preheat the grill to heat setting 5.

Add 2 tbsp of oil to the griddle. Place the chicken onto the griddle section and the lamb chops onto the flat grill sections. Cook for approx. 25 mins, turning regularly.

Add 1 tsp oil into one section followed by the prawns and 1 tsp oil into the final section with the paneer and cook for approx. 10 mins turning regularly.

Serve with naan bread, lemon wedges and raita on the side.

## Chicken & Steak Fajitas

### Ingredients

500 g sirloin steak  
8 flour tortillas  
1 red pepper  
1 green pepper  
1 white onion

1 large chicken breast  
2 tbsp olive oil  
1 tsp black pepper  
1 tsp salt  
1 tsp chilli powder

1 tsp hot paprika  
1 tsp ground cumin  
½ tsp garlic powder  
½ tsp cayenne pepper  
Handful fresh coriander, chopped

### Method

In a small bowl, mix the chilli powder, paprika, cumin, garlic powder, cayenne pepper, black pepper and salt until combined.

Roughly chop the onion, peppers and chicken into 2 cm sized pieces.

Preheat the grill to heat setting 4. Drizzle olive oil into all of the cooking sections.

Place the chicken into the griddle section and add one third of the seasoning mix. Add the two peppers and the onion to both of the flat grill sections (use the egg/pancake section if required) and sprinkle with another third of the seasoning mix.

Cook for approx. 10 minutes, stirring all of the ingredients.

When the chicken begins to brown, move it to one of the other sections. Increase the temperature to heat setting 5 before seasoning both sides of the steak with the remaining seasoning mix; add it to the griddle section. Cook the steak for approx. 5 minutes per side for medium, adjusting cooking time as desired. Once cooking has finished, sprinkle over the fresh coriander.

Carefully warm the tortillas using a microwave. Slice the steak thinly and return to the griddle section.

Serve all ingredients at the table and enjoy with fresh salsa, guacamole and sour cream.

## Lemon and Thyme Chicken Kebabs with Halloumi

2 skewers are required for this recipe (no longer than 25 cm)

### Ingredients

100 g halloumi, sliced	1 small red onion, cut into chunks	1 tbsp lemon juice
6 cherry tomatoes	1 small courgette, halved	1 tsp fresh thyme
1 chicken breast, diced	lengthways, chopped	1 tsp Dijon mustard
1 wholewheat pitta bread	1 tbsp olive oil	

### Method

Preheat the grill to heat setting 5.

Thread the chicken, tomatoes, red onion and courgette alternatively onto the skewers.

Mix the lemon juice, olive oil, thyme and mustard in a separate bowl.

Place the skewers onto the griddle section and pour the dressing over.

Cook for approx. 10 minutes, rotating every 2–3 minutes.

Place the sliced halloumi into another section and cook for approx. 3 minutes on each side.

For the final minute of cooking, warm the pitta by resting it on an empty section, turning it after 30 seconds.

## Mozzarella & Pesto Stuffed Chicken with Fresh Tomato Sauce

### Ingredients

50 g fresh mozzarella, in 4 slices	1 clove garlic, finely minced	¼ white onion, finely chopped
4 slices Parma ham	3 tbsp olive oil	½ tin tomatoes
2 large chicken breasts	2 tbsp green pesto	

### Method

Using a sharp knife, slice down the side of each chicken breast to create a pocket; taking care not to cut all the way through.

Insert 1 tbsp of pesto and 2 slices of mozzarella into each chicken breast; close the pockets.

Lay two slices of Parma ham on a chopping board so that they overlap and place a filled chicken breast on top.

Roll the ham tightly around the chicken breast. Repeat for the other filled chicken breast.

Preheat the grill to heat setting 3.

Drizzle olive oil in all sections. Place the stuffed chicken breasts onto the griddle section.

Lightly fry the garlic and onion in one of the flat grill sections. Add the tomatoes after 3 minutes and continue to cook, stirring constantly.

Cook for approx. 10 minutes, before adding the broccoli to the egg/pancake sections.

Turn the chicken breasts over and cook for a further 10 minutes, stirring the tomato sauce. Serve the stuffed chicken and broccoli over cooked spaghetti and spoon over tomato sauce.

# FISH/SEAFOOD RECIPES



## Asian Style Sea Bass with Pak Choi and Noodles

### Ingredients

100 g rice noodles

2 sea bass fillets

4 pak choi leaves, sliced in half

1 spring onion sliced

1 garlic clove, peeled and  
thinly sliced

1 small red chilli, seeded and  
thinly sliced

½ cm root ginger, peeled and  
thinly sliced

2 tbsp soy sauce

### Method

Preheat the grill to heat setting 3.

Season the sea bass fillets and score the skin three times before placing onto the griddle section, skin side down. Grill for approx. 5 minutes, flip the sea bass over and grill for a further 2 minutes.

As the sea bass is cooking, add the noodles to a different section and cook for approx. 5 minutes, regularly stirring. Grill the chilli, garlic, ginger and spring onion in the pancake/egg section and the pak choi in the other section for approx. 3 minutes.

Once all food is cooked thoroughly, serve the sea bass, noodles and the pak choi, spooning the spices and soy sauce over the top.

## Salmon Fishcakes

### Ingredients

1 salmon fillet

1 large potato, cooked  
and mashed

3 baby sweetcorn

3 florets broccoli

1 egg, beaten

1 tbsp plain flour

1 tsp lemon zest

Handful of flat parsley, chopped

### Method

Preheat the grill to heat setting 3.

Season the salmon fillet before placing skin side down and cooking on the griddle section for approx. 8 minutes, turning halfway through cooking.

Once cooked thoroughly, remove the salmon from the grill and discard of the skin.

Flake the salmon into the mashed potato and combine with the lemon zest, flour, egg and chopped parsley.

Divide the mixture and create two patties.

Grill the fishcakes for 3–4 minutes on each side in the flat grill section. At the same time, grill the baby sweetcorn and broccoli in the griddle section for approx. 5 mins.

## Bacon and Sweet Potato Cakes with Grilled Salmon and Egg

### Ingredients

2 slices of bacon, diced into  
small pieces

2 spring onions

1 salmon fillet

1 medium sweet potato, boiled  
and loosely mashed

1 egg, beaten

Handful of baby spinach

Salt and pepper, to taste

### Method

Preheat the grill to heat setting 5.

Cook the diced bacon for approx. 8 minutes until crispy.

Once cooked, place the bacon, spring onions and the mashed sweet potato in a bowl, and use the egg to combine the mixture.

Create two patties out of the potato mixture and season to taste.

Place the salmon in the griddle section skin side down and grill for approx. 4 minutes on each side, until cooked thoroughly. Place the two patties into the egg/pancake section and cook for approx. 4 minutes on each side.

During the last 4 minutes of cooking, add the spinach to one of the grill sections and cook until wilted.

Once all ingredients are cooked through, serve.

# MIXED TAPAS RECIPES

These recipes can be mixed and combined as desired. When using recipes that require different temperatures, it is recommended to start with the grill on a high temperature for searing meats, before lowering it for recipes that require slower cooking.



## Pork Skewers

4 skewers are required for this recipe (no longer than 25 cm)

### Ingredients

250 g pork fillet

1 clove garlic, finely chopped  
or grated

1 tbsp olive oil

Chopped fresh herbs: thyme,  
parsley, sage

Squeeze of lemon juice

### Method

Cut the pork fillet into 2 cm cubes and place into a bowl. Add the rest of the ingredients and leave to marinate for at least 2 hours or overnight if possible.

After marinating, place three pieces of pork onto each of the four skewers.

Preheat the grill to heat setting 5 and grill the pork skewers for approx. 5 minutes on each side, until cooked through.

## Scallops and Chorizo

### Ingredients

6 fresh scallops

150 g chorizo

1 pinch dried chilli flakes

1 tbsp honey

1 spring onion, chopped

1 tsp olive oil

### Method

Preheat the grill to heat setting 4.

Fry the chorizo in the olive oil for approx. 4 minutes until browned. Add the scallops, spring onion and chilli flakes and continue to cook for approx. 6 minutes, turning the scallops halfway through.

Turn off the grill and drizzle over the honey to serve.

## Chorizo in Red Wine

### Ingredients

200 g chorizo sausage

1 clove garlic

100 ml red wine

1 tbsp honey

1 tbsp chopped fresh parsley

1 tsp olive oil

1 bay leaf

### Method

Cut the chorizo into 1 cm slices.

Preheat the grill to heat setting 3.

Fry the chorizo in olive oil until slightly browned. Add the garlic and fry for further 2 minutes.

Add in the red wine, honey and bay leaf and cook until the sauce has thickened, coating the chorizo.

Season as desired and remove the bay leaf. Sprinkle the chopped parsley to garnish.

## Lamb Albondigas

### Ingredients

200 g lamb mince

1 clove garlic, minced

1 tsp hot paprika

1 tsp olive oil, to cook

½ tsp ground cumin

½ tsp ground coriander

### Method

Place the lamb into a bowl, add the rest of the dry ingredients and mix thoroughly. Season to taste.

Roll the mixture into 2–3 cm balls and refrigerate until required.

Preheat the grill to heat setting 4 and add the meatballs to the griddle section or flat grill sections, stirring occasionally. Cook for approx. 10 minutes until cooked through and browned on the outside and serve.

## Spicy Garlic Prawns

### Ingredients

200 g whole or peeled prawns	1 tbsp olive oil	1 pinch chilli flakes
1 clove garlic, finely sliced	1 tsp fresh parsley, chopped	

### Method

If using whole prawns, devein and peel them.

In a bowl, marinate the prawns with the sliced garlic, chilli flakes, olive oil, parsley and season to taste. Marinate for 2 hours or overnight if possible.

Preheat the grill to heat setting 5.

Fry the prawns for 3 minutes on each side until bright pink and cooked through.

## Grilled Squid with Lemon and Garlic

### Ingredients

250 g whole prepared squid	1 tbsp olive oil	1 tsp fresh coriander, chopped
1 clove garlic	1 tsp lemon zest	1 pinch cumin

### Method

Using a sharp knife, carefully slice down the body of the squid and cut into two equal pieces. Remove the tentacles and set aside.

Open up and flatten these pieces. Score very lightly in a criss-cross pattern to tenderise the flesh and help with cooking.

In a small bowl, add the squid (and tentacles, if desired) before adding the lemon zest, olive oil, coriander, cumin and garlic. Marinate for at least 2 hours or overnight if possible.

Preheat the grill to heat setting 5.

Cook the squid on the griddle section for no more than 3 minutes, before flipping and cooking a further 3 minutes. Avoid moving the squid to achieve perfect grill marks.

## Patatas Bravas

### Ingredients

1 large white potato  
2 tbsp olive oil

### For the Tomato Sauce

1 shallot, finely minced	1 tsp chopped fresh parsley
1 clove garlic, finely chopped	1 pinch chilli flakes
½ tin of chopped tomatoes	
1 tbsp olive oil	

### Method

Cut the potato into 1½ cm cubes.

Preheat the grill to heat setting 5.

Add the olive oil to the griddle section. Cook the potatoes until tender on the inside and crispy on the outside. If any oil remains, use kitchen tongs to remove the potatoes and leave to soak on a piece of kitchen towel.

When the potatoes are half cooked, turn the grill down to heat setting 2.

In the flat grill section, heat the olive oil and fry the shallot, garlic and chilli flakes. When the garlic starts to brown and the shallot turns translucent, add the tomatoes and simmer until the potatoes have finished cooking. Add the chopped parsley to the sauce.

## Stuffed Piquillo Peppers

### Ingredients

50 g chorizo, finely chopped	1 clove garlic, minced	1 tbsp olive oil
5 large piquillo peppers, dried with a paper towel	3 tbsp breadcrumbs	1 pinch chilli flakes
1 shallot, finely diced	2 tbsp grated Manchego cheese	
	1 tbsp chopped fresh parsley	

### Method

In a saucepan, fry the shallot, garlic, chorizo, chilli flakes and parsley until softened.

Turn off the heat and add the breadcrumbs and Manchego, and stir until combined.

Once the mixture has cooled slightly, spoon it into the piquillo peppers.

Preheat the grill to heat setting 5. Add the olive oil to the griddle section. Cook the stuffed peppers for approx. 4 minutes on each side until cooked through and caramelised on the outside.

## Fried Aubergine with Honey

### Ingredients

50 g flour	4 tbsp olive oil	2 tbsp chopped fresh parsley
50 g feta cheese, crumbled	1 tbsp honey	2 tsp salt
½ aubergine		

### Method

Slice the aubergine into 7 mm rounds. Place onto a paper towel and sprinkle both sides with salt. Leave for approx. 1 hour to remove moisture, then pat dry with a fresh paper towel. Dust the aubergine with flour. Preheat the grill to heat setting 5.

Add the olive oil to the griddle section and once the oil is hot, add the floured aubergine slices. Cook for approx. 3 minutes on each side, until golden brown and crispy.

Remove from the griddle and carefully remove the excess oil using a paper towel. Return the fried aubergine slices to the griddle, drizzle with honey, and sprinkle over the crumbled feta and parsley.

## VEGETARIAN RECIPES



## Spicy Bean Burger with Sweet Potato, Butternut Squash and Mange Tout

### Ingredients

250 g kidney beans, rinsed and drained	1 garlic clove, peeled and diced	1 tsp soy sauce
70 g breadcrumbs	½ sweet potato, cut into cm cubes	½ tsp mild chilli powder (optional)
30 g rolled oats	¼ butternut squash, cut into cm cubes	½ tsp ground cumin
1 small onion, finely chopped	1 tbsp tomato puree	Handful spinach
1 small carrot, grated	1 tsp Dijon mustard	Handful mange tout

### Method

Preheat the grill to heat setting 5.

Fry the onions and garlic in the griddle section until soft. Add the carrot, chilli and cumin and continue to fry for a further 2 minutes.

In a separate bowl, mash the drained kidney beans and mix in the mustard, soy sauce, tomato puree and oats. Add the onion and garlic and mix well.

Form burger-shaped patties from the mixture and dip each patty into breadcrumbs, coating thoroughly.

Turn the grill down to heat setting 3.

Add a small amount of oil to the griddle section and fry the bean burgers for approx. 4 minutes on each side. Whilst the burgers are cooking, fry the cubed sweet potato and butternut squash on the flat grill section for approx. 10 minutes. Cook the mange tout for approx. 4 minutes using the flat grill section and serve al denté.

# DESSERT RECIPES



## Grilled Summer Fruit Skewers

Skewers are required for this recipe (no longer than 25 cm).  
Soak in water for 20 minutes prior to cooking.

### Ingredients

6 peaches, sliced	1 kiwi, chopped	Honey, for drizzling
1 punnet strawberries, sliced	Extra-virgin olive oil, for drizzling	Salt, to taste
1 pineapple, cut into large cubes		

### Method

Preheat the grill to heat setting 4.  
Skewer the peaches, strawberries, kiwi and pineapple. Drizzle with olive oil and season with salt.  
Place onto the griddle, turning occasionally, until the fruit is tender and slightly charred (approx. 10–12 minutes).  
Drizzle with honey and serve.

## Grilled Apricots with Brioche and Vanilla Ice Cream

### Ingredients

8 ripe apricots, halved	2 tbsp unsalted butter	2 tbsp warm honey
4 slices brioche (about 1 inch thick)	2 tbsp sugar	2 scoops vanilla ice cream

### Method

Preheat the grill to heat setting 3.  
Drizzle the apricot halves with melted butter and sprinkle with sugar.  
Add the brioche slices to the egg/pancake portions and flat grill portions and cook for approx. 2–3 minute per side.  
Place the apricots in the griddle section for approx. 3–5 minutes per side.  
Top the brioche with the grilled apricots and drizzle with honey.  
Serve with a scoop of vanilla ice cream.

## Connection To The Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

### Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

**Blue Neutral (N)**

**Brown Live (L)**

**Green/Yellow Earth ( $\perp$ )**

**FOR UK USE ONLY** - Plug fitting details  
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked **N** or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked **L** or coloured **RED**.

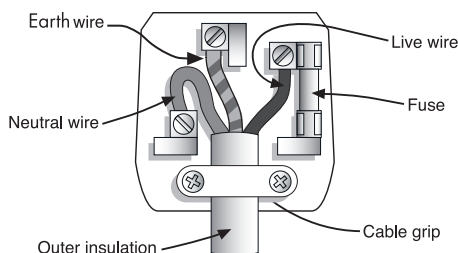
The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter **E** or marked  $\perp$ .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ( $\perp$ ).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

If in doubt, consult a qualified electrician who will be pleased to do this for you.



## Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

**UP Global Sourcing UK Ltd.,  
Victoria Street, Manchester OL9 0DD. UK.**

If this product does not reach you in an acceptable condition please contact our Customer Services Department by one of the following methods:

**Telephone:** 0161 934 2240\*

\*Telephone lines are open Monday–Friday, 9 am–5 pm (Closed Bank Holidays)

**Email:** [customercare@upgs.com](mailto:customercare@upgs.com)

**Fax:** 0161 628 2126

Please have your delivery note to hand as details from it will be required.

If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

### **Guarantee**

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Salter will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

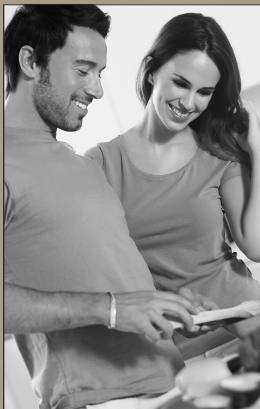
Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

The crossed out wheelie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.





*Congratulations on your purchase!*

Go to <http://guarantee.upgs.com/salter>  
to register your product for a 12 month guarantee

We have used over 250 years of experience and expertise  
to provide you with this high quality product, designed with you in mind,  
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For our full range, visit [www.salterhousewares.co.uk](http://www.salterhousewares.co.uk)

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