SALTER®

SINCE 1760

REDUCES UPTO 50% FAT

MARBLESTONE

XL Health and Panini Grill

The healthier alternative for low fat cooking

MARBLE EFFECT NON-STICK COATING



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 out of the reach of children when it is switched on or cooling down.
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 electrical components of this 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 pull or carry the appliance by its power supply cord.
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.
Switch off the appliance and disconnect it from the mains power supply before changing or fitting accessories.
Always unplug the appliance after use and before any cleaning or user maintenance.
Always unplug the appliance from the mains and 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 outer surface of the appliance may get hot during operation.



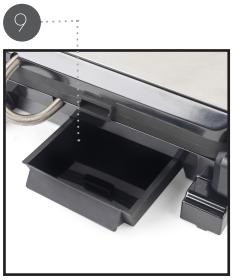
Caution: Hot surface – do not touch the hot section or heating components of the appliance.
Take care not to pour water on the heating element.
Warning: Keep the appliance away from flammable materials.

Care and Maintenance

Before attempting any cleaning or maintenance, unplug the health grill from the mains power supply and allow to cool fully.
STEP 1: Wipe the health grill housing with a soft, damp cloth and dry thoroughly.
STEP 2: Clean the accessories in warm, soapy water, then rinse and dry thoroughly.
STEP 3: Remove baked on food by applying a small amount of warm water mixed with a mild detergent to the non-stick plates, then wipe them clean with a paper towel. Use a nonabrasive scourer if the food is difficult to remove.
Do not immerse the health grill in water or any other liquid.
Never use harsh or abrasive cleaning detergents or scourers to clean the health grill or its accessories, as this could damage the surface.
Note: The health grill should be cleaned after each use.
Warning: The drip tray will gather oil and fat, which may still be hot after use. Allow it to cool fully before carefully removing the drip tray for cleaning.

Description of Parts





1. Upper housing
2. Lower housing
3. Non-stick coated cooking plate(s)
4. Stainless steel handle
5. Red power indicator light
6. Green ready indicator light
7. Temperature control dial
8. 180 ° locking catch
9. Drip tray

Instructions for Use

Before First Use

STEP 1: Switch off and unplug the health grill from the mains power supply.
STEP 2: Wipe the health grill housing with a soft, damp cloth and dry thoroughly.
STEP 3: Clean the accessories in warm, soapy water, then rinse and dry thoroughly. Do not immerse the health grill in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the health grill or its accessories, as this could cause damage.

Note: When using the health 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 health grill.

Using the XL Health Grill and Panini Maker

STEP 1: Position the drip tray underneath the end of the oil channel.
STEP 2: Prepare the ingredients that are to be cooked.
STEP 3: Plug in and switch on the health grill at the mains power supply, making sure that the temperature control dial is set to the 'Off' position. The red indicator light will illuminate, signalling that the health grill has been switched on.
STEP 4: Select the required temperature by turning the temperature control dial in a clockwise direction; the green ready indicator light will turn on, signalling that the health grill is heating up.
STEP 5: Preheat the health grill for approx. 5–8 minutes. The green ready indicator light will turn off once the required temperature has been reached.
STEP 6: When using as a panini maker/health grill. Place the prepared ingredients onto the lower non-stick coated cooking plate and then close the lid.
If using the health grill as a griddle plate, push the 180 ° locking catch upwards and open the health grill so that it lies flat. Place the prepared ingredients onto the cooking plates. If only one cooking plate is needed, use the lower non-stick coated cooking plat for optimum cooking performance.
STEP 7: Cook for approx. 3–8 minutes, depending upon the type of ingredients and the temperature used.
STEP 8: Once cooking is complete, carefully open the lid (if required) and remove the food with a heat-resistant plastic or wooden spatula.
STEP 9: Turn the temperature control dial in an anticlockwise direction to the 'Off' position, then switch off and unplug the health grill from the mains power supply.
STEP 10: Leave the lid open and allow to cool.
STEP 11: Use a heat-resistant plastic or wooden spatula to channel any excess oil into the drip tray.

Note: Always preheat the non-stick coated cooking plates before starting to cook. Carefully apply a thin coat of cooking oil to the non-stick coated cooking plates, rubbing it in carefully with a paper towel. This will help to prolong the life of the non-stick coating.
During use the green ready indicator will cycle on and off to signal that the health grill is maintaining the selected temperature.
Using the health grill as a griddle plate will increase the amount of runoff; exercise caution and empty the drip tray regularly to prevent it from overflowing.

Caution: The non-stick plates get very hot during use; always use heat-resistant gloves to avoid injury.
Take care when placing food onto the non-stick plates, as fatty, oily or wet ingredients may create splashback, which could cause injury.
Warning: Exercise caution during cooking; the health grill will emit steam.

Storage

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

Storage

Product code: EK4076
Input: 220–240 V ~ 50/60 Hz
Output: 2200 W

Recipes

*Any recipe images used in this instruction manual are intended for illustrative purposes only.



Rosemary Shrimp Skewers with Rocket and White Bean Salad

Skewers are required for this recipe.

Ingredients

680 g large shrimps,
shelled and cleaned
with tails on

For the Marinade

3 garlic cloves, crushed
3 tbsp extra virgin olive oil
3 tbsp lemon juice
2 tsp fresh rosemary, finely chopped
Salt and pepper, to taste

For the Salad

425 g cannellini beans,
rinsed and drained
142 g baby rocket
1 garlic clove, minced
½ small red onion, thinly sliced
2 tsp lemon juice
1 tsp extra virgin olive oil
Pinch of sugar
Salt and pepper, to taste

Method

Combine the olive oil, lemon juice, crushed garlic cloves and rosemary in a large bowl or sealable container; season to taste with the salt and pepper.
Add the shrimps to the mixture and coat thoroughly in the marinade. Seal the bowl with shrink wrap or the lid of the container and refrigerate for approx. 15 minutes.
Preheat the health grill once the shrimps are marinated.
Thread the shrimps onto the skewers.
Place the loaded skewers onto the lower non-stick plate, close the lid and cook for approx. 3 minutes, until the shrimps are pink.
Whilst the shrimps are cooking, create the salad by mixing the minced garlic, sugar, olive oil, lemon juice, salt and pepper in a large bowl. Add the rocket, cannellini beans, and onion; toss to combine.
Serve the salad on one side of a large platter and arrange the shrimp skewers alongside to serve.

Tikka-style Fish

Ingredients

2 900 g whole sea bream, red snapper or 6 fish steaks, tuna or similar
4 garlic cloves, finely grated or crushed
6 tbsp plain yoghurt
2 tbsp finely grated fresh root ginger
2 tbsp olive oil
3 tsp cumin seeds
2 tsp turmeric
2 tsp mild chilli powder
Salt, to taste

Method

If using whole fish, score the skin on each side.
Combine the ginger and garlic, season with salt and then rub all over the fish.
Mix the yoghurt with the oil, spices and seasoning. Coat the fish inside and out with the mixture, then refrigerate until ready to cook.
Preheat the health grill before cooking.
Place the fish onto the lower non-stick plate, close the lid and cook for approx. 4–5 minutes, until the fish is cooked (cooking times will be reduced to approx. 3–4 minutes for tuna or similar fish).
Serve with a fresh, crispy salad.

Home-made Beef Burgers

Ingredients

350 g freshly ground beef
1 egg
1 tsp dried mixed herbs (thyme and oregano)
Salt and freshly ground black pepper

Method

Preheat the health grill.
Mix the beef and herbs together in a mixing bowl, add the egg and season well.
Divide into 2 portions and shape into burgers.
Place the burgers onto the lower non-stick plate, close the lid and cook for approx. 7–9 minutes or until thoroughly cooked and browned.
Serve in burger buns with relish and salad.



Grilled Chicken with Mozzarella Cheese

Ingredients

4 boneless chicken breasts
8 slices Mozzarella cheese
4 tomatoes, sliced
3 tbsp olive oil
2 tsp fresh rosemary, chopped
½ tsp garlic powder
¼ tsp salt
¼ tsp black pepper
Basil to garnish

Method

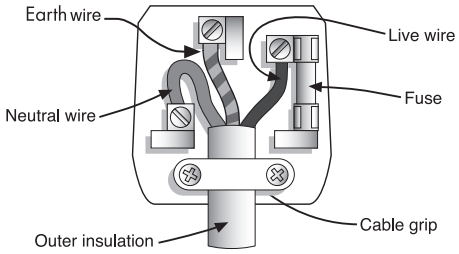
Open the health grill so that it lies flat and then preheat.
Slit each of the chicken breasts horizontally to make a pocket and then fill with the sliced tomato and mozzarella cheese.
Brush the chicken breasts with olive oil and season with salt, pepper, rosemary and garlic powder.
Place the chicken breasts onto the lightly oiled non-stick plates and cook for approx. 9 minutes per side or until the juices run clear and the chicken is cooked thoroughly.
Remove from the health grill and arrange on serving plates.
Garnish with basil.

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 (⏚)

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 ⏚.
On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal (⏚).
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 an 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.,
UK. Manchester OL9 0DD.
Germany. 51149 Köln.

If this product does not reach you in an acceptable condition please contact our Customer Services Department at **www.saltercookshop.com**

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.



*To be eligible for the extended guarantee, go to **www.saltercookshop.com** and register your product within 30 days of purchase.

3 YEAR GUARANTEE*

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