

# SALTER



## Marble Health Grill

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

The easier way to a healthier lifestyle.

 OVER 250 YEARS OF GREAT BRITISH  
DESIGN & INNOVATION



# SALTER

## Marble Health Grill

The easier way to a healthier lifestyle

*"I love making healthy meals  
on my Salter 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 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.

**Caution:** Take care not to pour water on the heating element.

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

# SALTER

## 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

Marble Health Grill

Drip tray

Spatula

Instruction manual

## Features

1280 W power

Griddle plates work as a standard health grill

Griddle plates open 180 ° to give two cooking surfaces, ideal for variable sizes of meat, bread or snacks

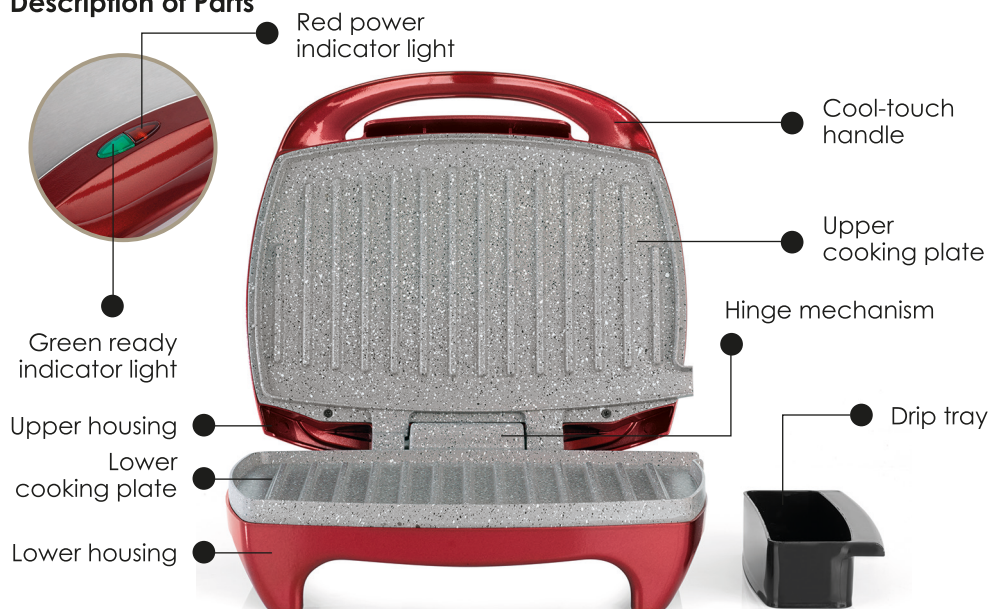
Uses Marble Ceramic Technology, a unique non-stick surface designed for optimum cooking performance

No need for oil and easier to clean than traditional non-stick coatings

Includes a healthy oil channel, on each griddle plate and a drip tray

Automatic temperature control

## Description of Parts



## Instructions for Use

### Before First Use

Ensure that the health grill is switched off and unplugged from the mains power supply.

Wipe the health grill housing with a soft, damp cloth and dry thoroughly.

Clean the accessories in warm, soapy water, then rinse and dry thoroughly.

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

**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. Ensure that there is sufficient ventilation around the health grill.

### Using the Marble Health Grill

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

Plug in and switch on the health grill at the mains power supply. The red power and green ready indicator lights will illuminate, signalling that the health grill has been switched on and is heating up.

Preheat the health grill; this will take approximately 5–8 minutes. The green ready indicator light will switch off once the required temperature has been reached.

When using as a health grill, place the prepared ingredients onto the lower cooking plate and then close the lid.

If using the health grill as a griddle plate, place the prepared ingredients onto the cooking plates. If only one cooking plate is needed, ensure that the lower cooking plate is used for optimum cooking performance.

Cook the ingredients according to the guidelines.

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

Switch off and unplug the health grill from the mains power supply to turn it off.

Leave the lid open and allow to cool.

**Note:** Always preheat the cooking plates before use. During use the green ready indicator light will cycle on and off to indicate that the health grill is maintaining temperature.

**Note:** The spatula can be used to direct any fat to the oil channel. Do not let the spatula rest on the health grill for prolonged periods of time, as this could cause damage.

**Note:** Using the health grill as a griddle plate will increase the amount of runoff; exercise caution and ensure that the drip tray is emptied regularly to prevent it from overflowing.

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

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

## Care and Maintenance

Before attempting any cleaning or maintenance, ensure that the health grill is unplugged from the mains power supply and has fully cooled.

Wipe the health grill housing with a soft, damp cloth and dry thoroughly.

Clean the accessories in warm, soapy water, then rinse and dry thoroughly.

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

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.

The health grill should be cleaned after every 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.

## Storage

Before storing, ensure that the health grill is cool, clean and dry.

Never store the health grill whilst it is wet.

Never wrap the cord tightly around the health grill; wrap it loosely to avoid causing damage.

Store in a cool, dry place.

## Specifications

Product code: EK2237

Input: 220–240 V~50/60 Hz

Output: 1280 W

# Rosemary Shrimp Skewers with Arugula-White Bean Salad

## Ingredients

680 g large shrimps, shelled  
and cleaned with tails on  
Skewers

## For the marinade

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

## For the salad

142 g baby arugula  
425 g cannellini beans, rinsed and drained  
½ small red onion, thinly sliced  
1 garlic clove, minced  
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 approximately 15 minutes.

Preheat the health grill once the shrimps are marinated.

Thread the shrimps onto the skewers.

Place the loaded skewers onto the health grill, close the lid and cook for approximately 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 arugula, 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.



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## 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  
3 tsp cumin seeds  
2 tsp turmeric  
2 tbsp finely grated fresh root ginger  
2 tsp mild chilli powder  
2 tbsp olive oil  
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 health grill, close the lid and cook for approximately 4–5 minutes, until the fish is cooked (cooking times will be reduced to approximately 3–4 minutes for tuna or similar fish).

Serve with a fresh, crispy salad.

## Grilled Chicken with Mozzarella Cheese

### Ingredients

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



### Method

Preheat the health grill.

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 griddle plate and cook for approximately 9 minutes per side or until the juices run clear and the chicken is no longer pink.

Remove from the health grill and arrange on serving plates.

Garnish with basil.



## Homemade Beef Burgers

### Ingredients

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



### 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 health grill, close the lid and cook for approximately 7–9 minutes or until thoroughly cooked and browned.

Serve in burger buns with a green salad.

# Chicken Quesadillas

## Ingredients

80 g cooked chicken, shredded (or turkey can be used if preferred)  
10 g butter, melted  
4 spring onions, finely chopped  
1 small finely chopped red chilli pepper  
2 flour tortillas  
2 tbsp grated cheddar cheese  
1 tbsp pitted black olives, finely chopped  
Salt and pepper



## Method

Coat one side of each tortilla with a little melted butter.

Preheat the health grill.

Place all of the other ingredients into a bowl and mix well.

Season with salt and pepper and divide the mixture equally between the 2 tortillas.

Fold each tortilla in half and lightly brush with the remaining butter.

Place the tortillas onto the health grill, close the lid and cook for approximately 6 minutes or until the chicken is hot, the cheese has melted and the tortillas are lightly golden brown and crispy.

Serve warm with salsa or salad.

# SALTER

## 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.

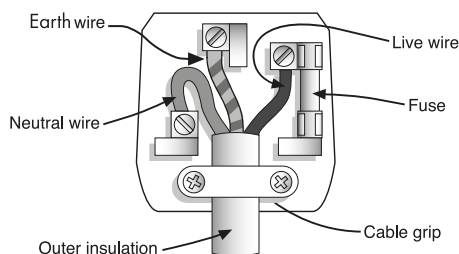
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### 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,  
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**

This product is guaranteed for a period of 1 year from the date of purchase against mechanical and electrical defects.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions and provided that it is not connected to an unsuitable electricity supply or dismantled or interfered with in any way or damaged through misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective. Reasonable proof of purchase must be provided.

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

In line with our policy of continuous development we reserve the right to change this product, packaging and documentation specification without notice.

Consumables are not guaranteed i.e. plug and fuse.

The crossed out wheellie 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.



MADE IN CHINA.

Distributed by:  
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Victoria Street,  
Manchester OL9 0DD. UK.

**SALTER**

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