

# *Sunbeam* Sizzling Grill

INSTRUCTION/RECIPE BOOKLET



HG2300

# Sunbeam's Safety Precautions.

## SAFETY PRECAUTIONS FOR YOUR SIZZLING GRILL.

- Use well away from walls and curtains.
- Do not immerse the control probe in water or any other liquid.
- Do not use the control probe in any other appliance.
- For indoor use, adequate ventilation or an exhaust fan is recommended.
- Always use this appliance under a sheltered roof when cooking outdoors.
- Do not leave plastic utensils in contact with appliance while cooking.
- Only use appliance fully assembled with all parts correctly in place, as specified in this instruction book.

## SAFETY PRECAUTIONS FOR ALL ELECTRICAL APPLIANCES

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by your electricity supplier or qualified technician.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the underside of the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children or infirm persons should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or in a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not immerse in water.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof means as specified by S.A.A. (Standards Association of Australia). Such appliances should always be returned to the nearest Sunbeam Service Centre or appointed Service Agent for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner; If damage is suspected, return the appliance to the nearest Sunbeam Appliance Service Centre for examination, repair or adjustment. As a service to Customers, Sunbeam Appliance Service Centres will carry out a free check on your appliance to ensure it is electrically safe.
- For additional protection Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying the power outlet in use.

If you have any concerns regarding the performance and use of your appliance, please ring our Toll Free number (Australia only) 1800 025 059. New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

## Ensure the above safety precautions are understood.

تأكد من تفهم احتياطات السلامة المذكورة أعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری یکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığının emin olunuz

Xin kiểm soát rằng những biện pháp làm an toàn kể trên được hiểu rõ

# Features of your Sunbeam Sizzling Grill.

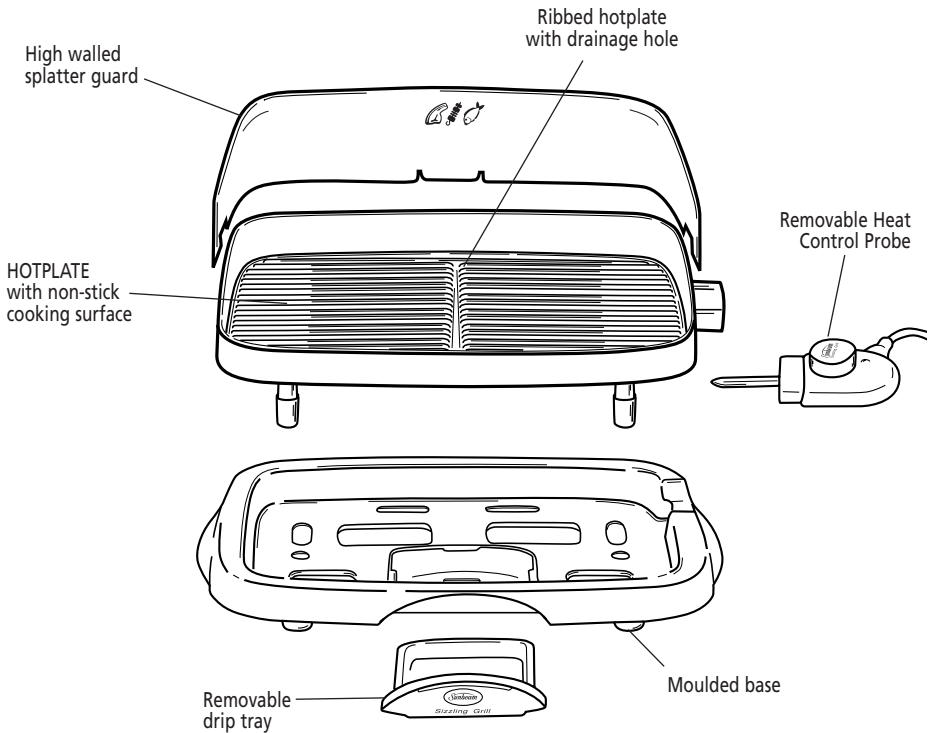


Figure 1

## High walled splatter guard.

Keeps your kitchen and benchtops cleaner. It is removable for easy cleaning.

## 1800 watt cast-in element.

The element is cast into the grillplate to ensure fast heat-up, even heat distribution and long element life.

## High grade non-stick cooking surface.

For reduced fat cooking and easy cleaning.

## Ribbed grillplate.

Sears in the juices and flavours of your favourite foods, and allows fat to drip through the drainage hole for healthy cooking.

## Removable Heat Control Probe.

12 thermostatically controlled heat settings plus Supersear for perfect cooking control. The probe is removable for easy cleaning and portability.

## Removable drip tray.

Collects fat and juices during cooking.

## Moulded base.

Supports the grill plate and drip tray.

## Dishwasher safe components.

The hotplate, base and drip tray are dishwasher safe for easy cleaning.

# An introduction to your Sizzling Grill.

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Congratulations on the purchase of your Sunbeam Sizzling Grill. You can now enjoy delicious, healthy barbecued meals in minutes.

Stylish and versatile, the Sunbeam Sizzling Grill is lightweight and easy to use. Perfect indoors for cooking quick family meals, or outdoors when entertaining.

The Sizzling Grill is smaller than conventional electric BBQs, providing greater portability and storage convenience. It is ideal for those who want the delicious taste of barbecued meals, with the convenience of a compact grill.

Take time to read through this book and you will soon discover how quick and convenient barbecuing can be!

## How to use your Sunbeam Sizzling Grill.

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### Before first use.

Wash the hotplate and drip tray in warm soapy water using a mild household detergent. Dry hotplate and drip tray thoroughly.

Place drip tray into base. For easy cleaning line the drip tray with aluminium foil. This will collect the fats and juices.

Position the hotplate over base and drip tray, as shown in Figure 1.

For better non-stick performance, "season" the cooking surface of the hotplate by applying a thin coat of cooking oil and rubbing in with paper towelling before each use.

**WARNING: Charcoal or similar combustible fuels must not be used with this appliance.**

### Using your Sizzling Grill.

1. Insert the Heat Control Probe fully into the socket of the hotplate.
2. Plug the cord into a 230-240 volt power outlet and turn the power on.
3. Set the Heat Control Probe dial to the desired heat setting, or the heat setting recommended in the recipe. When the thermostat light on the control probe switches off, the desired cooking temperature has been reached and the Sizzling Grill is ready to use.

**Note:** The thermostat light on the Heat Control Probe indicates the Sizzling Grill is heating. This light will remain ON until the set temperature has been reached and then will cycle ON and OFF throughout cooking. This will ensure that the Sizzling Grill always maintains the selected temperature.

The pre-heat time will depend on the heat setting selected. If a high heat setting is selected, a longer pre-heat time is required.

# Handy Hints.

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- Tender cuts of meat such as scotch fillet and sirloin are ideal for grilling. Tougher cuts of meat such as topside or blade steak will tenderise if marinated for a few hours or overnight.
- Avoid turning food regularly. Once the food has been seared on both sides, cook food at a reduced heat setting. This prevents the food from drying out and will cook your food more evenly. Avoid overcooking meat as the texture will toughen.
- The ribbed hotplate is ideal for cooking a variety of meats, including beef, fish and poultry. The drainage hole allow the fats and juices to drain into the drip tray for healthy fat free cooking.
- The variable heat control has a wide range of heat settings ideal for specific cooking tasks. The table below lists suggested heat settings.
- Always use a high temperature, heat resistant plastic cooking implement or wooden utensil with your Sizzling Grill to lift or turn foods.

Setting	Function
1 - 4	Low heat settings - keep warm
5 - 8	Medium heat settings - to cook food thoroughly
9 - 12 + Super Sear	High heat settings - searing

**Note:**

**The Sizzling Grill will reach the cooking temperature in 8 minutes on the maximum heat setting (Super Sear).** The hotplate is then ready for cooking. The indicator light will turn on and off during use of the grill as the thermostat maintains the cooking temperature.

**Note:**

When barbecuing on high heat settings, the Sizzling Grill will generate smoke. Selecting a lower heat setting will reduce smoke. For indoor use, adequate ventilation is recommended.

# Care and Cleaning.

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**IMPORTANT: Do not use metal utensils as these will scratch the non-stick cooking surface.**

**Do not leave plastic utensils in contact with hotplate while cooking.**

Before cleaning, turn the power OFF then **REMOVE** the plug from the power outlet and the Heat Control Probe from the socket of the Sizzling Grill.

## Heat Control Probe.

If cleaning is necessary, wipe over with a damp cloth.

**Do not immerse the control probe in water or any other liquid.**

**NEVER use the Sizzling Grill Heat Control Probe in any other Sunbeam appliance.**

## Storage

Store the probe carefully in a safe place. Do not knock or drop it as this can damage the probe. If damage is suspected, return the control probe to your nearest Sunbeam Service Centre for inspection. Refer to the back of your instruction book for Service Centre listings.

## Splatter Guard.

Wash the splatter guard in warm soapy water using a mild household detergent and soft washing sponge.

We do not recommend the splatter guard is cleaned in the dishwasher.

## Grillplate and Drip Tray.

The element in the hotplate is totally sealed, so it is safe to fully immerse in water. Wash the hotplate and drip tray in warm soapy water using a mild household detergent and a soft washing sponge.

A bottle brush may be used to clean the drainage hole in the ribbed hotplate.

The hotplate and drip tray are also dishwasher safe.

**Do not use abrasives or metal scourers** as they will scratch the non-stick cooking surface. Dry the hot plate and drip tray thoroughly before storing.

## Moulded Base.

The base can be wiped over with a damp cloth or washed in warm soapy water using a mild household detergent and a soft washing sponge.

**Do not use abrasives or metal scourers** as they may scratch the base.

The moulded base is also dishwasher safe.

## Storage.

Always dry and assemble the Sizzling Grill before storing. Ensure the drip tray and hotplate are correctly positioned.

Store the assembled Sizzling Grill on a flat surface on your benchtop or cupboard.

## Important:

Before inserting Heat Control Probe in probe socket ensure the interior of the socket is fully dry. To do this wipe interior of socket with a dry cloth or shake out excess water vigorously.

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*For more information or advice on any Sunbeam products, contact the Sunbeam Consumer Service Line on 1800 025 059 in Australia. In New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.*

# Recipes.

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## Thai Lamb Cutlets

Serves 5

*10 Lamb cutlets*

*<sup>3</sup>/<sub>4</sub> cup satay sauce*

*<sup>1</sup>/<sub>4</sub> teaspoon ginger*

*<sup>1</sup>/<sub>4</sub> teaspoon crushed garlic*

Pre-heat Sizzling Grill on heat setting 12.

Combine satay sauce, ginger and garlic together.

Brush cutlets with sauce and place on Sizzling Grill.

Cook for 2 minutes each side, brushing with satay sauce.

Reduce heat to setting 10 and cook for a further 6-8 minutes or until desired.

Serve with boiled fragrant rice or mixed salad leaves.

## Greek Lamb Souvlaki

Serves 6

*700g trim lamb, diced*

*10 kebab skewers, soaked in water*

### Marinade

*<sup>1</sup>/<sub>4</sub> cup lemon juice*

*1 teaspoon olive oil*

*1 tablespoon fresh oregano, chopped*

*1 teaspoon fresh rosemary, chopped*

*2 teaspoons crushed garlic*

Pre-heat Sizzling Grill on heat setting 12.

Combine all ingredients of marinade together.

Thread diced lamb onto 10 kebab skewers. Place skewers in a deep dish and pour marinade over skewers.

Place skewers on Sizzling Grill and cook for 4 minutes each side. Reduce heat to setting 10 and cook for a further 6 minutes, or until cooked.

Serve with Greek salad and hot crusty bread.

# Recipes.

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## Sweet Pork Medallions

Serves 4

*4 Pork Loin Medallion Steaks*

### Marinade

*1/2 tablespoon honey*

*2 tablespoons soy sauce*

*1 teaspoon chilli sauce*

*1/4 teaspoon oil*

Combine all ingredients for marinade in a saucepan and stir over low heat until honey has dissolved.

Place pork in a flat dish and pour marinade over steaks. Refrigerate for 2 hours.

Pre-heat Sizzling Grill on heat setting 12. Sear steaks on each side for 4 minutes.

Reduce heat to setting 8 and cook for a further 6-8 minutes or until cooked, turning occasionally.

Serve on a bed of pasta or rice.

## Honey and Soy Chicken Nibbles

Makes 20

*10 chicken wings*

*2 tablespoons vegetable oil*

*2 cloves garlic, peeled and finely chopped*

*1 teaspoon finely grated ginger*

*1/2 cup soy sauce*

*1/4 cup honey*

*1/4 cup dry sherry*

*1/2 teaspoon five spice powder*

*Fresh ground pepper to taste*

Pre-heat Sizzling Grill on heat setting 12.

Remove and discard wing tips. Cut wings in half at the joint.

Combine all other ingredients in a small deep bowl.

Dip each wing into the marinade and place on Sizzling Grill.

Cook for 8-10 minutes each side. Reduce heat setting to 8 and cook for a further 10-12 minutes or until cooked throughout.



# Recipes.

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## Garlic Prawns

Serves 4

*1kg green prawns, shelled and deveined*

*1/2 cup olive oil*

*2 cloves garlic, crushed*

*1 tablespoon chopped parsley*

*Fresh ground pepper to taste*

Place all ingredients into a bowl and marinate for 2 hours.

Pre-heat Sizzling Grill on heat setting 12. Cook prawns for 4 minutes each side, occasionally brushing with marinade.

Reduce heat to setting 8 and cook for a further 8-10 minutes or until cooked throughout.

## Pepper Steak

Serves 4

*4 pieces thin fillet steak*

*2 tablespoons crushed black peppercorns*

### Sauce

*30g butter*

*3/4 cup dry white wine*

*1 tablespoon brandy*

Press the crushed pepper into the steak on both sides. Refrigerate steaks for 1 hour.

Pre-heat Sizzling Grill on heat setting 12.

Place steaks on Sizzling Grill and cook for 5-7 minutes on each side or as desired.

Combine butter, wine and brandy in a saucepan over low heat. Bring to the boil. Strain through a fine sieve.

Serve sauce over steak.

## Crunchy Corn On The Cob

Serves 4

*4 corn cobs*

*75g butter, melted*

*1 teaspoon crushed garlic*

*Salt and pepper to taste*

Pre-heat Sizzling Grill on heat setting 12.

Melt butter with garlic in a saucepan over low heat.

Brush corn cobs with melted butter and place on Sizzling Grill. Cook for 2 minutes each side.

Reduce temperature to setting 8. Cook for a further 10-12 minutes, turning frequently.

Season with salt and pepper to taste.

Note: To keep corn warm, wrap in aluminium foil and place on the hotplate - reduce heat to setting 4.

# Recipes.

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## **Mediterranean Octopus**

Serves 4

*1kg baby Octopus*

### **Marinade**

*1/4 cup each of green, yellow and red pepper, finely chopped*

*1/3 cup soy sauce*

*1 tablespoon oil*

*2 tablespoons chopped fresh oregano*

*1/4 cup lemon juice*

*1 clove garlic, crushed*

*3 tablespoons dry red wine*

Remove and discard heads and beaks from octopus. Place in a bowl.

Combine all marinade ingredients and pour over octopus. Refrigerate for an hour.

Pre-heat Sizzling Grill on heat setting 11. Cook octopus for 8-10 minutes each side or until tender.

## **Herbed Chicken Drumsticks**

Makes 10

*10 chicken drumsticks*

### **Marinade**

*1 tablespoon each of chopped parsley, oregano and thyme*

*1/2 cup soy sauce*

*1/4 cup lemon juice*

*2 tablespoons oil*

*1 shallot, finely chopped*

*1/2 teaspoon crushed garlic*

Wash drumsticks under cold water and trim edges of skin. Place in a shallow dish.

Combine all marinade ingredients and pour over chicken. Refrigerate for 2 hours.

Pre-heat Sizzling Grill on heat setting 12.

Cook drumsticks for 5 minutes each side.

Reduce heat to setting 8 and cook for a further 25-35 minutes, or until cooked throughout.

# Recipes.

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## Barbecued Snapper

Serves 4

- 1 medium sized snapper*
- 3 tablespoons oil*
- 2 tablespoons vinegar*
- 1 tablespoon soy sauce*

### Pine nut filling

- 3 bacon rashers, chopped*
- 1/3 cup pine nuts*
- 2 shallots, chopped*
- 2 cups stale breadcrumbs*
- 1/4 cup sour cream*
- 1 tablespoon chopped fresh chives*

### Pine nut filling

Fry bacon on hotplate of Sizzling Grill until crisp.

Combine remaining ingredients in a small bowl and add bacon. Mix until well combined.

### Snapper

Trim fins from the gutted fish. Snip the backbone, tail and head with scissors. Run fingers under the rib bones and pull backbone gently with your fingers. Remove backbone from fish. Stuff fish with pine nut filling and brush with combined oil, vinegar and soy sauce.

Pre-heat Sizzling Grill on heat setting 12. Sear fish for 5 minutes each side, turning gently.

Reduce heat to setting 8 and cook for 25 minutes or until cooked throughout. Turn fish over occasionally while cooking.

## Chicken Vegetable Kebabs

Serves 4

- 8 kebab skewers, soaked in water*
- 2 large chicken breasts, cubed*
- 2 baby squash, quartered*
- 4 cherry tomatoes, halved*
- 4 mushrooms halved*
- 1/2 yellow capsicum, chopped in 2 x 2cm pieces*

### Marinade

- 1/4 cup lemon juice*
- 2 tablespoons soy sauce*
- 1 clove crushed garlic*

Pre-heat Sizzling Grill on heat setting 12.

Thread chicken cubes onto skewers alternatively with squash, tomatoes, mushrooms and capsicum.

Combine marinade ingredients and brush over kebabs.

Place on Sizzling Grill and cook 5-8 minutes each side or until desired. Continually brush kebabs with marinade.

# Recipes.

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## Citrus Salmon

Serves 4

*4 pink salmon cutlets*

*Salt and pepper to taste*

### Marinade

*Juice of 1 lime*

*Juice of 1 lemon*

*1 tablespoon chopped chives*

*2 cloves garlic, crushed*

*1 tablespoon olive oil*

Place cutlets in a shallow dish.

Combine ingredients together and pour over cutlets. Refrigerate for 2 hours.

Pre-heat Sizzling Grill on heat setting 12. Cook for 2 minutes each side, continuously brushing with marinade.

Reduce heat to setting 8 and cook for a further 5 minutes on each side. Season with salt and pepper to taste.

## Spicy New Zealand Mussels

Serves 12

*12 New Zealand Mussels*

### Marinade

*3 tablespoons oil*

*2 tablespoons vinegar*

*<sup>1</sup>/<sub>2</sub> tablespoon chopped fresh oregano*

*<sup>1</sup>/<sub>2</sub> teaspoon freshly ground black pepper*

*<sup>1</sup>/<sub>2</sub> red chilli, finely chopped*

Scrub exterior of mussels with a washing brush to remove any grains. Place in a shallow bowl.

Combine all ingredients of marinade together and pour over mussels. Try pouring a little marinade in the opening of each mussel. Allow to stand for 12 minutes.

Pre-heat Sizzling Grill on heat setting 8. Cook mussels for 10 minutes, turning regularly.

Increase temperature to setting 12, and cook for a further 5 minutes or until mussels start to open slightly.

# Recipes.

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## Gourmet Sandwiches

Serves 2

*4 rashers bacon*

*2 small chicken breasts*

*1/2 avocado, sliced thinly*

*Cos lettuce, washed*

*Mayonnaise*

*6 thick bread slices, crust removed and toasted*

### Spread

*20g softened butter* } *combined*  
*1 clove crushed garlic* }

Pre-heat Sizzling Grill on heat setting 10.

Grill chicken breast until tender, about 7-10 minutes each side. When cooked, chop or shred into pieces.

Meanwhile, remove rind from bacon and place bacon on flat hotplate. Cook until crisp.

### To assemble sandwiches

Use 3 slices of bread for each sandwich. Spread each slice with a little butter/garlic spread.

Place shredded chicken, avocado slices, bacon and lettuce on the bottom piece of bread.

Top with a little mayonnaise and second slice of bread.

Repeat procedure again and top with third slice of bread.

Cut in half, placing 2 toothpicks on each side of the bread to hold ingredients together while cutting.

## Stuffed Calamari

Serves 4

*8 small squid/calamari tubes, cleaned*

### Stuffing

*1 cup breadcrumbs*

*1/3 cup parmesan cheese, grated*

*1 1/2 teaspoons crushed garlic*

*1 egg*

*Salt and pepper to taste*

Combine all stuffing ingredients in a small bowl. Using your hand, mix ingredients together until well combined. If mixture appears too dry, add a few drops of water.

Pre-heat Sizzling Grill to heat setting 12.

Place teaspoonfuls of stuffing into each tube. Secure end with a toothpick.

Place calamari onto the Sizzling Grill and cook for 5 minutes on each side.

Reduce heat to setting 8 and cook for a further 10-12 minutes or until cooked throughout.

Remove toothpicks before serving.

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