

*Sunbeam*

# Café Contact Grill & Sandwich Press

Instruction/Recipe Booklet  
GC7850B

Please read these instructions carefully  
and retain for future reference.



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## Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

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

Βεβαιώνετε 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、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşılığundan emin olunuz

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

# Sunbeam's Safety Precautions

## SAFETY PRECAUTIONS FOR YOUR SUNBEAM CAFE CONTACT GRILL & SANDWICH PRESS.

- Use well away from walls and curtains.
- Avoid using on metal surfaces e.g. sink.
- Do not use in confined spaces.
- Do not immerse the unit in water or any other liquid.
- Do not place your press in a dishwasher.
- Ensure that the cord is kept well away from the cooking plates during use.
- Ensure the drip tray is in position before grilling
- Do not touch the outside or the top of the press when in use, as these surfaces may be hot.
- Ensure you use the handle to open the top press plate. Avoid touching hot surfaces.
- The press may generate steam from between the grill plates while cooking and when the top plate is opened
- Take care when removing food from the press.
- The temperature of accessible surfaces may be high when the appliance is operating.

**Sunbeam is 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 insert or 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 a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- 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 on 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 operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- 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 power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

If you have any concerns regarding the performance and use of your appliance, please visit [www.sunbeam.com.au](http://www.sunbeam.com.au) or contact the Sunbeam Consumer Service Line.

**Ensure the above safety precautions are understood.**

# Features of your Café Contact Grill & Sandwich Press

## Warm up and Ready lights

'Warm up' light indicates when the unit is switched on and heating and the 'Ready' light indicates that it is ready to use.

## Cool touch grip

## DuPont Teflon® Platinum Premium™ Non-Stick Coating

Safe to use with metal utensils. Up to 10 times more scratch-resistant than other non-stick coatings.

## Sloping grilling surface

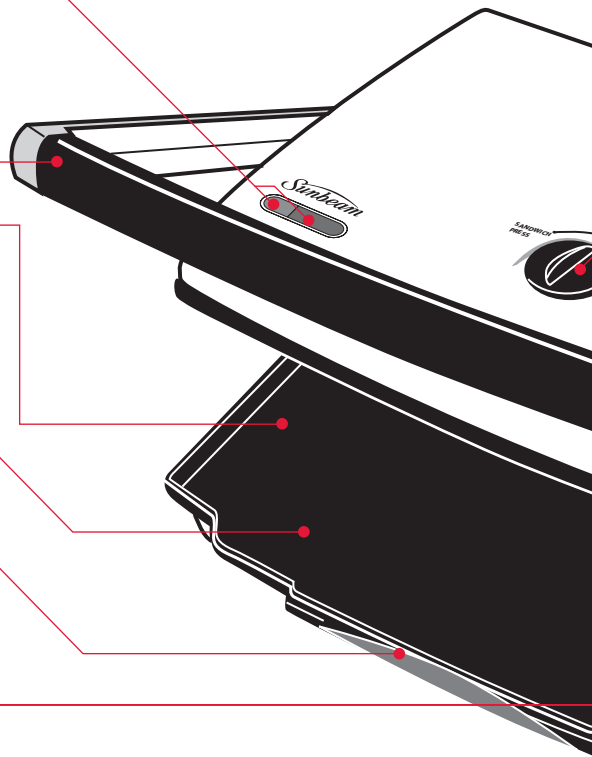
The sloping grill plate drains fat away from the food whilst cooking for a healthier meal.

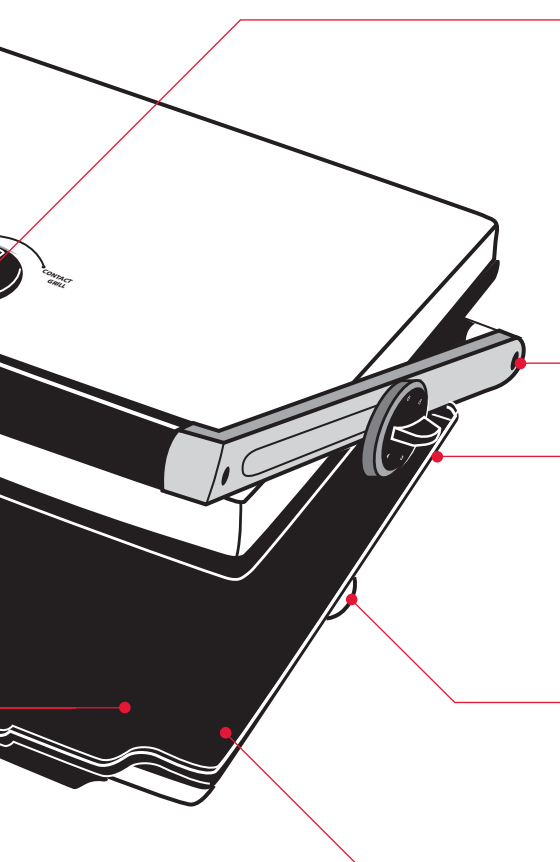
## Detachable drip tray

Easily detachable drip tray catches fats and juices preventing overflow onto bench tops. Ensure this tray is in position before grilling.

## Non-stick grill (top) plate & Non-stick flat (bottom) plate

The high grade non-stick cooking plates are flat on the bottom and ribbed on the top of the Café Contact Grill and Sandwich Press. Searing meat on both sides at the same time for fast healthy cooking. The non-stick plates make for easy wipe down cleaning: ingredients do not stick, sandwiches remove easily and simply wipe down after use.





### **Thermostat heat settings**

Thermostatically controlled temperature settings. 2 variable settings; Contact Grill (for grilling meats and vegetables) and Sandwich Press (for toasting breads: foccacia or Turkish).

### **Café-design floating hinge system**

The café-design floating hinge system adjusts to grill foods of varying thicknesses; from vegetables to thick steaks. Also perfectly toasts any size snacks from toasted bread to Turkish or foccacia.

### **Roto Dial™ adjustable height control dial with lock**

Turn the dial to adjust and lock the top plate at various heights for creating cheese melts or preventing sandwiches from squashing. Also locks the plates together for easy carrying and vertical storage.

### **Vertical storage with cord wrap**

The cord simply wraps around the legs enabling the product to be stored conveniently in the upright position.

### **2400 watts**

The Café-quality grill/press is high powered with 2400 watts of commercial power for super fast heating and more superior consistent grilling.

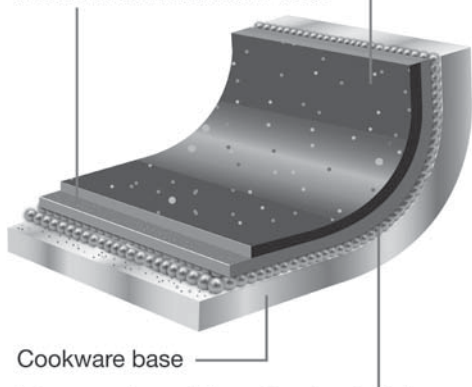
# DuPont Teflon® Platinum Premium™ - Professional Use



Your Sunbeam appliance features a special scratch and abrasive-resistant non-stick cooking coating that makes it safe to use metal utensils when cooking. Teflon® Platinum Premium™ – Professional Use is DuPont's toughest non-stick coating to date – up to 10 times more scratch resistant than single layer non-stick coatings.\*

DuPont is the world leader in non-stick coatings and today more than 2 billion households have Teflon® non-stick coated cookware.

Superior non-stick top surface  
Reinforced intermediate coat



Cookware base

Primer and scratch resistant materials

*Teflon® Platinum Premium™ – 3 layer scratch resistant coating*

Teflon® Platinum Premium™ is a superior 3 layer non-stick coating. It features special scratch resistant minerals causing metal utensils to slide over these particles without damaging the Teflon® matrix. This preserves the release properties of the non-stick coating and the life of the appliance.

The result is a non-stick coating that can be treated like ordinary cookware, enabling the use of metal utensils. However, Sunbeam recommends that care is taken with the non-stick coating when using metal utensils.

Do not use sharp objects or cut food inside the appliance. Damage caused to your appliance as a result of misuse of metal utensils will void your warranty.

# Using your Café Contact Grill & Sandwich Press

## Before first use

Ensure any stickers and packaging are removed from the product. Wipe over plates with a dampened cloth and dry thoroughly with a soft cloth.

**Note:** When using your Café Contact Grill and Sandwich Press for the first time you may notice a fine smoke haze being emitted from the unit. This is normal. It is due to the initial heating of internal components.

## Using your Café Contact Grill and Sandwich Press

1. Plug the power cord into a 230-240 volt AC power outlet.
2. Turn the power ON.
3. Select your desired temperature setting to suit the type of food you wish to cook. Turn the temperature dial to Contact Grill or Sandwich Press.
4. Preheat until the Ready light (green) illuminates.

**Note:** The Café Contact Grill and Sandwich Press can be used to grill foods with the top plate opened or closed.

5. After you have completed grilling or toasting, turn the power OFF.

**Note:** Ensure that the cord is kept well away from the cooking plates when in use.

## Grilling Meats and Vegetables

**Note:** Always turn your temperature dial to Contact Grill and, preheat for 3-5 minutes. The Ready light will illuminate.

1. Always spray the grill plates with cooking spray before placing meat, seafood or vegetables onto the grill plate.
2. Gently lower the lid (if desired), by pulling down the handle. The café-design floating hinge system will adjust automatically ensuring the top cooking plate lies evenly on your food for perfect grilling everytime.
3. If desired, halfway through cooking, turn your food over to achieve grill marks on both the top and bottom of your food.
4. When cooking some foods you may want to re-spray the top grill plate to prevent food from sticking.
5. The cooking plates are coated in a durable high grade non-stick coating. Some foods that are marinated or coated may cause the food to stick to the grill plates.

To free the food use a plastic spatula or wooden spoon. Never use a sharp metal object as this will damage the non-stick surface.

## Using your Café Contact Grill & Sandwich Press continued

**Note:** The Warm Up and Ready Lights are thermostatically controlled and will cycle on and off during cooking to ensure that the correct temperature is maintained.

**Caution:** Do not touch the outside of the top of the grill/press, when in use. Ensure you use the handle to open the top grill plate. Avoid touching hot surfaces. This grill/press may generate steam from between the grill plates while food is cooking and when the top plate is opened. Take care when removing food from the grill.

### Toasting Sandwiches and Focaccias

**Note:** Always turn your temperature dial to Sandwich Press and preheat until the Ready light illuminates before use.

1. Butter the outside of the bread, if desired.  
The sandwich filling will be placed between the unbuttered sides of the bread.
2. Place the bread onto the cooking plate, then spoon the recommended quantity of filling onto the bread.
3. Place the top slice of bread on top of the filling.
4. Gently close the lid.
5. Allow the sandwiches to toast for approximately 3 minutes, depending on the bread, filling and personal taste. Your Café Contact Grill and Sandwich Press toasts both sides of bread at the same time.



# Hints for best results when grilling

1. 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.
2. Avoid overcooking meat as the texture will toughen.
3. Recommended cuts;  
Beef = Sirloin, Rump, Rib Eye, Fillet or T-Bone  
Lamb = Leg Steak, Fillet, Loin or Cutlets  
Pork = Butterfly Steaks, Spare Ribs, Leg Steaks or Fillets
4. You can also grill diced meat on skewers for kebabs.
5. The Café Contact Grill and Sandwich Press can grill meats over 1 inch (2.5cm) thickness with ease. If cooking meats with a bone it is recommended that it is no larger than 1.5cm thick to ensure even cooking.
6. Ideal for cooking a variety of meats, including beef, fish and poultry. Take care when grilling fish, use a plastic spatula.
7. The sloping grilling surface allows the fats and juices to drain into the drip tray for healthy, fat free cooking.
8. When cutting meats, chicken, vegetables or seafood for kebabs, cut evenly and uniform in size to ensure even cooking. Never cross - contaminate foods: Do not cut raw vegetables and raw meats with the same knife or on the same chopping board. Try to use separate chopping boards for meats, vegetables and seafood. Do not cut cooked meats on the same chopping board as you prepared the raw meat unless the board and knife have been thoroughly sanitised and cleaned in hot soapy water.
9. The large non-stick flat (bottom) cooking plate is ideal for cooking a variety of foods such as eggs, bacon, mushrooms, tomatoes and onions.

# Hints for best results when toasting snacks

1. Any type or shape of bread can be used, e.g. white, wholemeal, wholegrain, sourdough, bread rolls, bagels.
2. Various thicknesses of bread can be used from thick to thin slice. Turkish pide or focaccia are also suitable.
3. Sweet breads with a high sugar content (e.g. fruit loaf, raisin bread, brioche) will brown more quickly than non-sweetened breads.
4. It is not necessary to butter the outside of your bread as the Café Press has non-stick cooking plates.
5. Be careful when biting into snacks containing fillings such as cheese, tomato or jam as they retain heat and can burn if eaten too quickly.

# Care and Cleaning

## **DuPont Teflon® Platinum Premium™ Non-stick Coating**

Your Café Contact Grill and Sandwich Press features a special scratch and abrasive-resistant non-stick coating that makes it safe to use metal utensils when cooking.

Sunbeam recommends that care is taken with the non-stick coating particularly when using metal utensils.

### **Do not use sharp objects or cut food on top of the Café Contact Grill and Sandwich Press.**

Sunbeam will not be liable for damage to the non-stick coating where metal utensils have been misused.

When cleaning the non-stick coating do not use metal (or other abrasive) scourers. After cleaning, dry the Café Contact Grill and Sandwich Press and lid thoroughly with a soft cloth before storing.

Always turn the power OFF and **REMOVE** the plug from the power point before cleaning.

### **Quick cleaning method**

Always turn the power OFF and remove plug after use and before cleaning. The cooking plates are coated with a non-stick surface, and there are no dirt traps, therefore little cleaning is required. Once cooled, simply wipe the cooking plates with a dampened cloth.

**Do not immerse your Café Contact Grill and Sandwich Press in water or any other liquid. Do not use abrasive scouring pads or powders.**

**Do not place your Café Contact Grill and Sandwich Press in a dishwasher.**

**Always clean after each use to prevent a build**

**up of cooking residue on the grill.**

### **To clean the exterior**

Simply wipe over with a dampened cloth and polish dry with a dry soft cloth. Do not use steel wool, scouring pads or abrasive cleaners as these will scratch the surface.

### **Storage**

Your Café Contact Grill and Sandwich Press will store in an upright position in cupboards, shelves or on the bench top. Simply bring the plates together and located on the right cast metal arm, turn the securing latch. This will lock the plates together.

Always allow the grill/press to cool after use. Once cooled, you can clean the cooking plates.

Always allow the contents of the drip tray to cool before removing the tray from its position and discarding the contents.

Wash the drip tray in warm soapy water.

Dry thoroughly with a soft cloth and reposition into the grill.

# Contact Grill Recipes

Turn temperature control to Contact Grill Setting

**All the recipes have been specifically created and tested by the Sunbeam Test Kitchen for the Sunbeam Cafe Contact Grill. We hope you enjoy using your bbq grill.**

## **BEEF**

### **Tasty Burgers**

**Serves 4**

500g lean beef mince  
2 small onions, finely chopped  
 $\frac{3}{4}$  cup dry breadcrumbs  
1 egg, lightly beaten  
2 tablespoons tomato paste  
2 tablespoons parsley, finely chopped (optional)

Mix all ingredients together in a bowl. Divide mixture into 8 equal portions and shape into burgers. Flatten slightly. Place onto a plate or tray, cover and refrigerate for 30 minutes or until required.

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Grill burgers 6- 8 minutes or until tender. If desired, half way through cooking, turn burgers to achieve cross grill marks.

Serve on a toasted burger bun with salad, cheese and your choice of sauce.

### **Recipe suggestion:**

- Substitute the lean beef mince for lean chicken, veal, lamb or pork mince.
- Add freshly chopped chilli or dried chilli flakes to mince mixture before cooking to add a spicy flavour.
- Freshly chopped garlic can also be added.

### **Pepper Steak**

**Serves 4**

4 pieces thin fillet steak  
2 tablespoons crushed black peppercorns  
**Sauce**  
30g butter  
 $\frac{3}{4}$  cup dry white wine  
1 tablespoon brandy

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

Preheat Contact Grill for 3-5 minutes.

Spray grill plates with cooking spray. Cook steaks for 10-12 minutes 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.

# Contact Grill Recipes continued

## Thai Style Beef Salad

Serves 4

500g beef sirloin or backstrap, trimmed

### Salad

3 cups mixed lettuce leaves  
12 mixed cherry tomatoes (red, yellow, green), quartered  
1 Lebanese cucumber, thinly sliced on the diagonal  
1 small Spanish onion, thinly sliced  
½ cup fresh mint leaves, roughly chopped  
½ cup fresh coriander leaves, roughly chopped  
½ cup dry roasted cashew nuts

### Salad dressing

¼ cup caster sugar  
½ cup water  
Juice & zest of 2 limes  
1 fresh red chilli chopped or 1 teaspoon dried chilli flakes  
1 teaspoon fish sauce

Preheat the grill for 3-5 minutes. Spray grill plates with cooking spray. Cook the sirloin for 4 -6 minutes. Meat should be brown on the outside but rare in the middle. Remove and wrap in foil. Wait 10 minutes before thinly slicing the beef.

Combine all of the ingredients together for the salad onto individual plates or in one big serving bowl.

**Dressing:** in a small saucepan combine all the ingredients, bring to the boil, simmer 1-2 minutes, remove and allow to cool.

Top the salad with beef slices and toss in cooled dressing. Serve immediately.

## LAMB

Serves 4

### Mediterranean Kebabs with Tahini Yoghurt

#### Kebabs

1kg lamb leg steaks, trimmed, cut into 2cm cubes  
4 tablespoons olive oil  
1 lemon, washed  
½ cup white wine  
2 large cloves garlic, peeled and sliced

#### Topping

1 small Spanish onion, finely chopped  
3 fresh tomatoes, seeded and chopped  
¼ bunch fresh basil leaves, finely shredded

#### Tahini yoghurt

125ml low fat plain yoghurt  
¼ cup tahini  
Freshly cracked seasoned pepper  
Soak 12 bamboo skewers in water (preferably overnight)

In a large bowl combine the lamb cubes and olive oil. Cut the lemon in half, squeeze juice over lamb and leave the skin halves in the marinade. Add wine and garlic. Marinate meat for 30 minutes or longer, if time allows, overnight (up to 2 days).

The next day, thread meat onto skewers.

Mix together the onion, tomatoes and basil in a bowl, set aside.

Mix together the yoghurt, tahini, pepper, set aside.

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook kebabs 6 at a time in two batches for 8-10 minutes each batch.

Serve kebabs sprinkled with combined onion, tomatoes and parsley, top with a generous dollop of tahini yoghurt dressing.

#### Note:

- Tahini is a ground sesame seed paste.
- Tahini can be found in delis, health food stores and some good supermarkets.

## Contact Grill Recipes continued

### **Shallot, Garlic & Lime Lamb Cutlets**      **Serves 4**

4 tablespoons sesame oil  
16 x 50g frenched lamb cutlets  
2 green shallots, finely sliced  
3cm piece fresh ginger, grated  
3 tablespoons mirin  
1 lime rind finely grated

Place cutlets into a bowl. Drizzle over sesame oil and mirin. Add shallots, ginger and lime zest. Cut lime in half, juice over lamb. Cover and refrigerate for 30 minutes or overnight.

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook cutlets 6-7 minutes. (2 batches)

Serve with green leafy vegetables and baked sweet potato.

#### **Note:**

- Mirin is a sweet Japanese rice wine used for cooking.
- Mirin is available from Asian grocery stores and some good supermarkets.

### **Thai Lamb Cutlets**      **Serves 5**

10 lamb cutlets  
 $\frac{3}{4}$  cup satay sauce  
 $\frac{1}{4}$  teaspoon ginger  
 $\frac{1}{4}$  teaspoon crushed garlic

Preheat Contact Grill for 3-5 minutes.

Combine satay sauce, ginger and garlic together. Pour sauce over lamb. Best to marinate in sauce overnight.

Spray grill plates with cooking spray. Cook for 8-10 minutes each side, brushing with satay sauce.

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**

$\frac{1}{4}$  cup lemon juice  
1 teaspoon olive oil  
1 tablespoon fresh oregano, chopped  
1 teaspoon fresh rosemary, chopped  
2 teaspoons crushed garlic

Preheat Contact Grill for 3-5 minutes.

Combine all ingredients of marinade together.

Spray grill plates with cooking spray. Thread diced lamb onto 10 kebab skewers. Place skewers in a deep dish and pour marinade over skewers.

Cook skewers for 10 minutes or until cooked.

Serve with Greek salad and hot crusty bread.

# Contact Grill Recipes continued

## PORK

### Thyme & Rosemary Pork Medallions **Serves 4**

4 x 150- 200g pork butterfly medallions  
2 tablespoons olive oil  
seasoned cracked black pepper  
1 teaspoon dry thyme leaves  
1 teaspoon dry rosemary leaves

Place pork medallions into a bowl, pour over olive oil, sprinkle over cracked pepper, thyme and rosemary. Coat the pork well. Allow pork to marinate for 30 minutes, longer if time prevails (preferably refrigerate overnight).

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook medallions for 6 minutes or until cooked to your preference.

Serve medallions with creamy mashed potato and a tossed green salad.

### Sweet Pork Medallions **Serves 4**

4 pork loin medallion steaks

#### Marinade

½ tablespoon honey  
2 tablespoons soy sauce  
1 teaspoon chilli sauce  
¼ 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.

Preheat Contact Grill for 3-5 minutes.

Cook for 10-12 minutes or until cooked.

Serve on a bed of pasta or rice.

### Satay Skewers

**Serves 4**

500g pork meat, trimmed of fat and cut into 2cm strips

½ cup thick ready made satay sauce

¼ cup lemon juice

1 tablespoon olive oil

¼ teaspoon chopped chilli

2 tablespoons freshly chopped coriander or parsley

2 tablespoons finely chopped peanuts

Soak 12 bamboo skewers in water overnight.

Combine pork meat with satay sauce, lemon juice, olive oil, chilli, coriander and peanuts in a bowl. Marinate 30 minutes or preferably overnight.

Thread meat onto skewers.

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook 6 skewers in two batches for 5 minutes each batch or until tender.

Heat any remaining marinade over a low heat in a frypan until fragrant. Serve over skewers.

Serve with steamed jasmine rice topped with chopped coriander and finely chopped peanuts in olive oil.

#### Note:

- If you can't get a ready made satay sauce, mix together ¼ cup peanut butter with 1 freshly chopped chilli or ¼ teaspoon chilli paste or 1 tablespoon sweet chilli sauce.

# Contact Grill Recipes continued

## POULTRY

### Thai Style Chicken

Serves 4

4 large cloves garlic, peeled  
3 cm piece ginger, peeled  
2 large fresh green chillies  
¼ cup pure honey  
Juice of a lemon

4 x 150-200g chicken thigh fillets, fat removed, flatten to one thickness and score. Combine garlic, ginger, chillies, honey, and lemon in a food processor until processed. Spread this over the chicken. Marinate for 30 minutes or overnight.

Preheat grill for 3-5 minutes. Spray liberally with cooking spray. Cook fillets for 6-10 minutes or until cooked. Turn chicken after 3 minutes to make a cross grill-mark pattern.

Serve with steamed rice noodles topped with fresh herbs.

### Mustard Seed & Tarragon Chicken Breasts

Serves 4

4 large chicken breasts, fat removed, cut into 8 flat slices  
2 tablespoons wholegrain mustard  
2 tablespoons dijon mustard  
1 tablespoon dry tarragon leaves

Combine chicken with mustards and tarragon leaves. Marinate for 30 minutes, overnight or until required.

Preheat grill for 3-5 minutes. Spray with cooking spray. Cook chicken for 3- 4 minutes or until tender.

Serve chicken with a hot potato bake and steamed vegetables.

### 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  
½ cup soy sauce  
¼ cup honey  
¼ cup dry sherry  
½ teaspoon five spice powder  
Fresh ground pepper to taste

Preheat Contact Grill for 3-5 minutes.

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. Spray grill plates with cooking spray.

Cook for 15-20 minutes or until cooked throughout.



# Contact Grill Recipes continued

## 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  
½ yellow capsicum, chopped in 2 x 2cm pieces

### Marinade

¼ cup lemon juice  
2 tablespoons soy sauce  
1 clove crushed garlic

Preheat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray.

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

Combine marinade ingredients and brush over kebabs.

Cook kebabs for 8-10 minutes or until desired. Continually brush kebabs with marinade.

## SEAFOOD

### Oriental Snapper Fillets

**Serves 4**

500g snapper fillets  
2 tablespoons honey  
Juice and zest of orange  
3cm piece fresh ginger, grated

Roll the fillets and place onto a plate. In a small jug combine honey, orange zest and juice and add the grated ginger. Pour this over the fillets and marinate in the fridge until required.

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook fish fillets 4-6 at a time depending on size for 6-8 minutes until fish is flaky.

Serve fish with cooked noodles, steamed green vegetables and soy sauce.

### Note:

- Fish suggestions: use any low-fat rock fish such as yellowtail, golden eye, striped bass. Boneless white fish fillets such as ling or flake can be used.

### Salmon and Potato Cakes

**Serves 4**

1 x 210g can pink or red salmon, drained and flaked  
2 cups mashed potato, (not too wet)  
1 green shallot, finely chopped  
2 tablespoons parsley (optional)  
1 egg, lightly beaten  
Sea salt and black pepper  
½ cup breadcrumbs for coating

In a large bowl combine the salmon, potato, shallot, parsley, egg, salt and pepper. Divide 8 equal portions of mixture and form 8 balls. Roll in breadcrumbs. Place patties on a plate, cover in plastic wrap, refrigerate overnight or for a few hours.

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook patties 4 at a time for 5-7 minutes, until crispy and golden and hot in the centre. Use a heat-proof spatula to remove the patties. Half way through cooking you may want to respray the top grill plate to prevent patties from sticking.

Serve salmon and potato patties with a green salad, lemon and mayonnaise.

# Contact Grill Recipes continued

## Tandoori Prawn Skewers

**Serves 4**

24 raw king green prawns, shelled and deveined (leaving head and tails attached)  
½ cup low fat yoghurt  
½ cup tandoori paste  
2 tablespoons freshly chopped coriander or parsley  
Lemon wedges and a Tzatziki dip for serving  
Soak 8 bamboo skewers in water overnight. Thread 3 prawns per skewer. Place onto a plate. In a small bowl combine the yoghurt, tandoori paste and coriander. Spoon over prepared prawns. Cover and refrigerate until required.

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Cook 4 skewers at a time for 3-5 minutes.

Serve prawn skewers on a bed of lettuce leaves with lemon wedges and tzatziki dip.

### Note:

- Prawns can also be cooked in the grill not skewered.

## Garlic Prawns

**Serves 4**

1kg green prawns, shelled and deveined  
½ 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.

Preheat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray. Cook prawns for 8-12 minutes or until cooked throughout, occasionally brushing with marinade.

## Stuffed Calamari

**Serves 4**

8 small squid/calamari tubes, cleaned

### Stuffing

1 cup breadcrumbs  
⅓ cup parmesan cheese, grated  
1½ teaspoons crushed garlic  
1 egg  
Salt and pepper to taste

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

Preheat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray.

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

Place calamari onto the Contact Grill and cook for 10-15 minutes or until cooked throughout.

Remove toothpicks before serving.

## Mediterranean Octopus

**Serves 4**

1kg baby octopus

### Marinade

¼ cup each of green, yellow and red capsicums, finely chopped  
⅓ cup soy sauce  
1 tablespoon oil  
2 tablespoons chopped fresh oregano  
¼ 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.

Preheat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray. Cook octopus for 15-20 minutes or until tender.

# Contact Grill Recipes continued

## **Barbecued Snapper**

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 flat hotplate of Contact 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.

Preheat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray.

Cook fish for 20-25 minutes or until cooked throughout.

**Serves 4**

## **Citrus Salmon**

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.

Preheat Contact Grill for 3-5 minutes. Spray grill plates with cooking spray. Cook salmon for 8-10 minutes continuously brushing with marinade.

Season with salt and pepper to taste.

**Serves 4**

# Contact Grill Recipes continued

## VEGETABLE

### Healthy Bean Burgers

Serves 4

1 x 300g can 4 bean mix  
2 cups cooked rice  
1 red onion, finely chopped  
2 tablespoons finely chopped mixed herbs  
Salt and pepper  
1 tablespoon ground turmeric  
1 teaspoon saffron threads  
2 eggs, lightly beaten  
2 tablespoons wholemeal plain flour  
¼ cup rice flour  
2 tablespoons sesame seeds  
2 tablespoons poppy seeds  
Homestyle tomato chutney, to serve

In a large bowl mix together all of the ingredients. Spoon out approximately 2 tablespoons of the mixture into the palm of your wet hand and roll together forming a pattie. Flatten slightly. Place onto a plate, cover and refrigerate until required. Make 8 patties.

Preheat grill plates for 3-5 minutes. Spray grill plates with cooking spray and cook patties 4 at a time for 5-10 minutes or until crispy and golden.

Serve patties hot with a chunky homestyle tomato chutney.

### Recipe suggestion:

- Serve patties on wholemeal seeded buns with baby rocket and spinach leaves and grilled onion.

### Antipasto Vegetables

Serves 4

To make a decent sized platter for entertaining you will require approx 1.5kg variable vegetables. Here is list of vegetable suggestions for your antipasto platter;

1 bunch asparagus, trimmed  
1 bunch spring onions, tops trimmed and cut to 10cm lengths, cut bulbs in half  
1 small eggplant, cut into thin slices  
1 small orange sweet potato, peeled and cut thinly into slices  
2 small potatoes (kipfler or pink fir apple), cut thinly into slices  
1 zucchini, sliced  
1 red capsicum, sliced (seeds removed)  
4 field mushrooms, cleaned  
¼ cup extra virgin olive oil  
Sea salt and black pepper

Preheat grill for 3-5 minutes. Spray grill plates with cooking spray. Grill vegetables in batches. When tender remove from grill and wrap in foil. Drizzle in olive oil and sprinkle in salt and pepper. When vegetables are cold serve on a platter with a selection of cold deli meats, cheeses and a variety of breads.

## Contact Grill Recipes continued

### **MARINADES**

Here are two marinades that can be used to flavour and tenderise 500g meat (beef or lamb), pork, poultry and seafood.

#### **Asian Style Marinade**

- ½ cup hoisin sauce
- ¼ cup tomato sauce
- 2 tablespoons honey
- 2 tablespoons soy sauce
- ¼ teaspoon cracked black pepper
- 2 tablespoons chopped chives
- 1 red chilli, chopped (optional)

#### **Italian Style Marinade**

- ½ cup white wine
- 2 tablespoons olive oil
- ¼ cup lemon juice
- 1 tablespoon dry mixed herbs
- 1 garlic clove, peeled and sliced

Combine all marinade ingredients together in a bowl, mix well. Add meat to marinade, cover and refrigerate overnight or until required. Drain marinade well before grilling. Heat reserved marinade in a pan until simmering for 1-2 minutes. Serve over grilled food.

# Sandwich Press Recipes

Turn temperature control to Sandwich Press Setting

## FLAVOURED SPREADS

You can add variety and interest to your toasted sandwiches by spreading the outside of the bread with a flavoured butter. Then add a complementary filling and toast. Store unused portion in the refrigerator.

### Cinnamon Butter

60g butter, softened  
¼ cup castor sugar  
¼ teaspoon ground cinnamon  
Combine all ingredients until smooth.

### Honey Butter

60g butter, softened  
¼ cup honey  
Combine all ingredients well.

### Garlic Butter

60g butter, softened  
1 clove garlic, crushed  
pepper to taste  
Place all ingredients in a bowl and combine well.

### Herb Butter

60g butter, softened  
¾ teaspoon herb eg. dill, oregano, chives  
fresh ground pepper to taste  
Combine all ingredients well.

### Curry Butter

60g butter  
½ teaspoon curry powder  
2 teaspoons chutney  
Combine all ingredients well.  
Delicious on ham or chicken toasted sandwiches.

# Sandwich Press Recipes continued

## **TOASTED SNACKS**

**NOTE:** These recipes make 2 sandwiches, to make 4 sandwiches double the quantity. To make 6 sandwiches, triple the quantity.

### **Herbed Tomato Sandwiches**

2 tablespoons chopped fresh basil  
½ tomato, sliced  
½ onion, thinly sliced  
¼ cup cottage cheese  
4 slices bread, buttered

Preheat your Sandwich Press. Combine basil, tomato, onion, and cottage cheese. Assemble sandwiches and cook for approximately 3 minutes, or until golden brown.

### **Pineapple, Ham and Cheese Sandwiches**

2 slices tasty cheese  
2 rings tinned pineapple  
½ cup chopped ham  
4 slices bread, buttered

Preheat your Sandwich Press. Place 2 slices of bread, buttered side down, onto the Sandwich Press. Add cheese, pineapple rings and chopped ham onto bread. Cover with remaining slices of bread buttered side up. Cook for approximately 3 minutes, or until golden brown.

### **Chicken and Walnut Sandwiches**

1 cup cooked chicken, chopped  
2 tablespoons chopped walnuts  
2 tablespoons chopped celery  
1 tablespoon sultanas  
2 tablespoons mayonnaise  
4 slices bread, buttered

Preheat your Sandwich Press. Combine chicken, walnuts, celery, sultanas and mayonnaise. Divide mixture and assemble sandwiches. Cook for approximately 3 minutes or until golden brown.

# Sandwich Press Recipes continued

## **GOURMET DELIGHTS**

For a toasted snack that is a little different and a real treat, substitute sliced bread with focaccia bread, Turkish bread, pita bread or bagels.

### **Salami, tomato and cheese Focaccia**

8 thin slices Italian salami  
6 sundried tomatoes  
½ cup ricotta cheese  
6 capsicum rings  
2 large pieces focaccia bread, halved

Preheat your Sandwich Press. Assemble ingredients onto bread and place in Sandwich Press. Cook for approximately 3 minutes, or until golden brown.

### **Feta and Spanish Focaccia**

½ cup feta cheese, crumbled  
½ cup tasty cheese, grated  
½ cup cooked spinach, (packed spinach is fine)  
2 large pieces focaccia bread, halved

Preheat your Sandwich Press. Assemble ingredients onto bread and place in Sandwich Press. Cook for approximately 4 minutes, or until golden brown.

### **Avocado, ham and cheese on Turkish Bread**

½ cup avocado, sliced  
4 slices swiss cheese  
1 tomato, sliced  
4 slices leg ham  
2 large pieces Turkish bread, halved

Preheat your Sandwich Press. Assemble ingredients onto bread and place in Sandwich Press. Cook for approximately 4 minutes, or until golden brown.

### **Bagels with bacon, capsicum and cheese**

2 rashers bacon, grilled  
Roasted red capsicum pieces  
¼ cup cottage cheese  
2 bagels, halved

Preheat your Sandwich Press. Assemble ingredients onto bread and place in Sandwich Press. Cook for approximately 4 minutes, or until golden brown.

### **Bagels with Smoked Salmon**

¼ cup cream cheese  
4 slices smoked salmon  
1 tablespoon capers  
2 bagels, halved

Preheat your Sandwich Press. Assemble ingredients onto bread and place in Sandwich Press. Cook for approximately 4-5 minutes, or until golden brown.



## Sandwich Press Recipes continued

### MELT RECIPES

Adjust and lock the top plate to sit above your food so you can create open cheese melts. Use the RotoDial control on the right arm of the sandwich press.

#### **Classic Ham, Cheese and Pineapple Melt**

##### **Makes: 4**

100g shaved ham

4 thin pineapple slices

4 slices tasty cheese

4 slices bread or 2 muffins, halved

salt and freshly ground black pepper

1. Preheat Café Press until ready light comes on.
2. Layer ham, pineapple slices and cheese over bread. Season with salt and pepper. Lightly press down toppings, making sure top plate does not touch the cheese.
3. Turn setting to highest (5cm). Cook melts in Café Press for 7-8 minutes or until cheese has melted.

#### **Rocket, Prosciutto and Roasted Red Capsicum Melt**

##### **Makes: 4**

80g baby or wild rocket leaves

100g roasted red capsicum, sliced thickly

100g sliced prosciutto

4 slices tasty cheese

2 bagels, halved

1. Preheat Café Press until ready light comes on.
2. Layer rocket, capsicum, prosciutto and cheese over bread. Lightly press down toppings, making sure top plate does not touch the cheese. Season with salt and pepper.
3. Turn dial to highest setting. Cook melts in Café Press for 7-8 minutes or until cheese has melted.

# Sandwich Press Recipes continued

## **Tomato Spinach and Cheese Melt**

### **Makes: 4**

80g baby spinach leaves

2 tomatoes, sliced thinly

4 slices multi-grain sourdough bread

salt and freshly ground black pepper

4 slices Swiss cheese

1. Preheat Café Press until ready light comes on.
2. Layer spinach and tomato slices evenly over bread. Season with salt and pepper. Top with cheese slices. Lightly press down toppings, making sure top plate does not touch the cheese.
3. Turn setting to highest (5cm). Cook melts in Café Press for 4-5 minutes or until cheese has melted.

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