

### DIET GRILL & SANDWICH PRESS

### INSTRUCTION MANUAL



Dear consumer, Please read these instructions carefully before use in order to avoid damage due to incorrect use and to better understand the functions of this product. Please pay particular attention to the safety guide.

If you pass the device on to a third party, these Operating Instructions must also be handed over.

Please keep them for future references.



## IMPORTANT SAFEGUARDS

- Please read these instructions carefully before use.
- Keep present instructions for future references.
- Check that your mains voltage corresponds to that stated on the appliance.
- Only use the appliance for domestic purposes and household or similar applications such as:
  - staff kitchen areas, in shops, offices and other working environments;
  - By clients in hotels, motels and other residential type environments;
  - Environment type like :
    - Farm Houses • Bed and Breakfast.
- Only use the appliance in the way indicated in these instructions.
- Never use this unit near bathtub, shower, wash-hand basins or other containers with water.
- Never use this apparatus near water projections.
- Never use this apparatus with the wet hands.
- If, unfortunately the apparatus is wet, immediately withdraw the cord of the socket-outlet.
- Inform potential users of these instructions.
- Never leave the appliance unsupervised when in use.
- The appliance must be used only for its intended purpose. No responsibility can be taken for any possible damage caused by incorrect use or improper handling.
- Children and persons with disabilities are not always aware of the danger posed by the use of appliances.

- This appliance can be used by children aged from 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.
- This appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.
- This device is not a toy, do not leave children or people with disabilities to play with.
- Cleaning and maintenance must not be made by children.
- Keep the appliance and its cord out of reach of children aged less than 8 years.
- In order to ensure your children's safety, please keep all packaging (plastic bags, boxes, polystyrene etc.) out of their reach.
- Caution ! Do not allow small children to play with the foil :  
**THERE IS A DANGER OF SUFFOCATION !**
- From time to time check the cord for damages. Never use the appliance if cord or appliance shows any signs of damage.
- Never immerse the appliance in water or any other liquid for any reason whatsoever.
- Never place it into the dishwasher.
- Never use the appliance near hot surfaces.
- Do not operate the appliance with a damaged cord or plug, or after the appliance has been damaged in any manner.

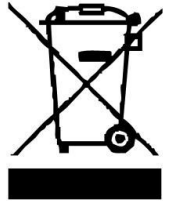
- If the supply cord or appliance is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- Avoid spillage on the connector.
- Potential injury from misuse
- The heating element surface is subject to residual heat after use.
- Disconnect the power source cable before any operation of cleaning of maintenance and accessories assembly.
- Never use the appliance outside and always place it in a dry environment.
- Never use accessories, which are not recommended by the producer. They could constitute a danger to the user and risk to damage the appliance.
- Never use any other connector than the one provided.
- Never move the appliance by pulling the cord. Make sure the cord cannot get caught in any way.
- Never wind the cord around the appliance and do not bend it
- Ensure that the power cord does not come into contact with hot parts of this unit.
- Make sure the appliance has cooled down before cleaning and storing it.
- The temperature of accessible surfaces may be very high when the appliance is operating. Never touch these parts, of apparatus, to avoid burning itself.
- Make sure the appliance never comes into contact with flammable materials, such as curtains, cloth, etc...& the power cord and plug do not come in contact with water.

- Before cleaning, always unplug the appliance from the power supply and let it cool down.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Always place the unit on a flat surface. Ensure, also, not to cover the device and not to put anything on it.
- Always remove the plug from the wall socket when the appliance is not in use.
- When using an extension lead always make sure that the entire cable is unwound from the reel. Use solely CE approved extension leads. Input power must be at least 16A, 250V, 3000W.
- Incorrect operation and improper use can damage the appliance and cause injury to the user.
- This device, designed for home use, complies with standards relating to this type of product.
- The appliance must be used and rested on a table or flat & stable surface.
- The item must not be left unattended when it is connected to main supply.
- The item is not to be used, if it has been dropped or if there are visible signs of damage or if it is leaking.
- Regarding the instructions for cleaning, thanks to refer to the below paragraph of the manual.
- This appliance is only intended for household use.

(\*) **Competent qualified person** : after sales department of the producer or importer or any person who is qualified, approved and competent to perform this kind of repairs.

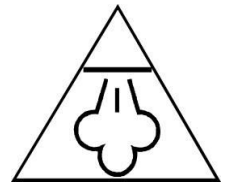
## GENERAL INFORMATION

The symbol "OPEN BOOK" means a recommendation to read important things contained in the record.



The symbol "BIN" crossed out, abbreviation WEEE (Waste of Electrical and Electronic Equipment) means that at the end of life, it should not be discarded with household waste, but filed to the sorting of the locality. Waste recovery can help preserve our environment.

The symbol "STEAM" warns the user that steam can escape from the unit and to take all necessary precautions. (Risk of burns)



The symbol "CE" is the guarantee of compliance with harmonized European standards, voluntary, reflecting the essential requirements into technical specifications. These standards are not mandatory but are guarantees of compliance with essential requirements.



The symbol "GLASS / FORK" means that the device is compatible and can come into contact with foodstuffs.



The symbol ROHS (Restriction of use of some Hazardous Substances) on the Environmental Protection, certifies that for each of the five hazardous substances • Lead • Mercury • (hexavalent) chromium • products for protection against flames PBB and PBDE, the peak concentration is equal to or less than



0.1% of the weight of homogeneous material, and 0.01% for the 6th • cadmium.

The symbol "TRIMAN" indicates that the consumer is invited to dispose the product as part of a separate collection (eg recycling bin, waste, voluntary intake point).



For more information : <http://www.quefairedemesdechets.fr>

## **SPECIAL SAFETY INSTRUCTIONS**

- . Cooking surfaces become very hot. Do touch only the handles.
  - . Put the device, only on a heat resistant surface.
- . To prevent overheating, do not place the unit under a cabinet.
  - Ensure there is enough space around the unit.
- . Be careful of steam when opening the appliance after use.

### **SPECIAL WARNING FOR BBQ GRILL**

- Charcoal or similar fuels must not be used with this unit.

#### **WARNING: BURN HAZARD.**

- During operation, the temperature of the appliance surface may be hot.
- The heating parts remain hot, long time after stopping the machine.
- The symbol "Hot Surface" warns the user that the apparatus walls may become hot, and to take precautions.





## BEFORE THE FIRST USE

Note: When using the Sandwich Press for the first time, the unit will emit a fine smoke. This is caused by the heating of the elements and new components and can be disregarded.

- Remove all packaging from the Sandwich Press before use.
- Check that the cooking plates are free of dust. Wipe the surface of the plates with a damp cloth and dry with cloth, kitchen towel etc.  
Place the Sandwich Press on a flat level surface. Unlock the Storage clip, and unscrew the Adjustable Height knob, this will allow the top and bottom to open and close.
- Cooking plates must be in the closed position for pre-heating.
- Before using your Sandwich Press for the first time, the non-stick plates must be seasoned during the preheating time (until the green light comes on) to protect the non-stick surface.  
Note: For the first use ONLY, season the plates by applying a thin coat of cooking oil, butter or margarine to the cooking surfaces and rub in with a paper towel. Exercise care, as the cooking plates will be hot.
- Plug the power cord into a 230V power outlet and turn the power ON. The Heating up (Red) light will illuminate, indicating that there is power to the unit. The Ready (Green) light will also illuminate, indicating pre-heating operation.
- Preheat the plates for 2-4 minutes (or until the green light goes OFF). Season the plates accordingly if using the sandwich press for the first time. Maximum temperature of the plates is obtained after 5 seconds of the GREEN light turning OFF.

## USE

- Unroll the power cord completely.
- Check that the tension in force in the country where you are corresponds to that indicated on the apparatus.
- Connect the apparatus in a correct socket-outlet, (and connected to the ground if the unit is Class I), to avoid any danger.
- Disconnect the power source cable before any operation of cleaning of maintenance and accessories assembly.
- Stand the appliance on a table or flat & stable surface.
- The item must not be left unattended when it is connected to main supply.
- The item is not to be used, if it has been dropped or if there are visible signs of damage or if it is leaking.

- Never modify the appliance in anyway.

With very little imagination, you can make a fantastic variety of snacks, meals and entertaining. All type of toasted and melted snacks can be made, quickly and easily. There is no need to restrict yourself to the plain old type toasted Sandwich.

- During the preheating time (Both Red and Green light ON)– Prepare your sandwich and when ready, open the Sandwich Press and place the sandwich on the Bottom Cooking Plate. Always place Sandwiches towards the rear of the cooking plate.
- Close the Top Cooking Plate and it will automatically adjust to the thickness of the sandwich because of the floating hinge. This will ensure an even toasting. Use the Adjustable Height knob if you do not want the top plate touching the sandwich.
- Toasting should take approximately 5-8 minutes. However, exact toasting times will depend on types and thickness of breads and different fillings used.
- Open the lid when the sandwich is cooked. Always remove the sandwich by using plastic or wooden spatula. Never use metal utensils as this may damage the Non-Stick Coating.
- Close the lid to preserve the heat until ready to toast the next sandwiches.
- After use, remove the plug from the wall socket.

### **Open Style Sandwich “Melts”**

The Sandwich Press has an Adjustable Toast Height Control feature that allows you to fix the top plate from a range of different positions above the bottom plate. Therefore, the Sandwich Press is ideal for toasting open style sandwiches and snacks where there is no need for you to apply the pressure of the top plate.

1. Pre-heat the Sandwich Press until the Green ‘Ready’ Light turns OFF (Cooking plates must be in a closed position)
2. Place the Sandwich to be melted on the bottom plate.
3. Raise the handle to desired height, and tighten the Adjustable Height Locking knob. Do not let the Top Plate touch the sandwich to be melted.
4. The Top Plate will radiate the desired heat to melt the ingredients.  
Note: The Adjustable Height Locking knob can be locked to provide thick or thin melts by simply tightening the knob to lock the height position of the top plate.
5. Toasting “Melts” should take approximately 3-4 minutes. The toasting time will vary depending on the ingredients being used, the height of the top plate and personal preference. “Practice makes perfect”

## Hints for Best Results

### Bread:

- The Sandwich Press can be used to toast most types of Bread: White, Wholemeal, Multigrain, Rye, Raisin Loaf, etc. Focaccia, Turkish Bread, Baguettes as well as Bread Rolls are also ideal to toast in the Sandwich Press.
- Sweet breads, such as Raisin Bread and Brioche, that contain a high sugar content will tend to brown quicker.
- For soft or liquid sandwich fillings, use medium sliced bread, white or brown. If small amount of filling, use toasting bread.
- The Sandwich Press is ideal for toasting plain breads or Turkish breads with no fillings or toppings. Try toasting Turkish breads with jams for a great alternative to standard bread at breakfast.

**CAUTION !** Always take care when biting into sandwiches containing fillings such as cheese, tomato and jam, as they retain heat and you can burn your mouth if eaten too quickly.

### Fat Free Snacks :

- It is NOT necessary to use any butter or margarine on the outside of the toasted snack because the sandwich press has a Non-Stick Flat Plate Design.

## CLEANING AND MAINTENANCE

- Before cleaning, always: switch off the appliance, disconnect the apparatus and let it cool.
- Clean the outside of the apparatus with a sponge or slightly wet linen.
- The parts (removable) in contact with food like plate, bowl, forks, Spatula etc. can be washed in hot water with sponge and soft detergent or put in the dishwasher.
- Never plunge the apparatus in water or all other liquid!
- Do not use abrasive cleaners, gritting, or metal brush or another cutting object.
- Wipe the inside and edges of the heating plate with absorbent paper towel or a soft cloth.
- Should any filling be difficult to remove, pour a little cooking oil onto the heating plate and re-heat for 1-2 minutes.

- Turn the power off and wipe off after 5 minutes when the filling has softened. Wipe the outside with a slightly moistened cloth ensuring that no moisture, oil or grease enter the appliance.
- Do not use spray-on cleaners, as this will affect the performance of the Non-Stick surface on the cooking plates.
- DO NOT IMMERSE IN WATER OR ANY LIQUID

### **For Your Safety**

- Always operate the product in accordance with the product use and care instructions.
- Ensure the power cord is kept away from the cooking plates of the Sandwich Press when in use.

### **EXCITING RECIPES**

#### **Toasted Mushroom and Sun dried Tomato Sandwiches**

Preparation Time: 10 mins

Cooking Time: 15 mins

Yield: 4 x sandwiches

Fancy a quick, tasty lunch or snack? Make the most of your sandwich toaster with this mouth-watering recipe.

#### **Ingredients:**

300 g cup mushrooms, sliced

100 g baby spinach leaves

½ cup sundried tomatoes, chopped

¾ cup grated, reduced-fat cheddar cheese

200 g Turkish bread, sliced into four servings

Heat a frying pan and spray it with cooking spray. Add mushrooms and cook, stirring occasionally, for three minutes or until soft. Drain on paper towel. Season with salt and pepper.

Preheat the Sandwich press until “Ready” Light turns OFF.

Arrange spinach leave, mushrooms, sun dried tomatoes and cheese evenly on the Turkish bread. Season with salt and pepper. Top with remaining bread and press down firmly.

Place sandwiches under the grill or in the sandwich toaster and cook for five minutes or until toasted. Cut in half and serve.

## **Lamb and pesto focaccia**

### **ingredients**

400g lamb fillets  
20cm-square piece focaccia  
¼ cup (65g) basil pesto  
½ cup (50g) shaved parmesan cheese  
¼ cup (35g) drained sliced sun-dried tomatoes

Cook lamb on heated oiled grill plate (or grill or barbecue) until browned all over and cooked as desired. Stand lamb, covered, 5 minutes before slicing thickly. Preheat sandwich press until “Ready” light turns OFF. Cut focaccia in half crossways, then in half horizontally. Spread pesto over bases of focaccia, top with lamb, cheese, tomato and remaining focaccia. Place focaccia in sandwich press about 5 minutes or until cheese melts and focaccia is heated through. Slice focaccia diagonally to serve.

## **TOASTED BACON, BANANA AND CHEESE SANDWICH (Makes 2 Sandwiches)**

### **Ingredients:**

4 Slices of Bread  
6 or 7 strips of Pre-cooked Bacon  
1 Banana  
2 Slices of Cheddar Cheese

Another great cafe'-style trick - is to toast the bread lightly before you put your sandwich together. So, pre-heat the sandwich press until ready. Then, lay the four slices of bread on the bottom plate and close completely, Toast for no longer than one minute, (you just want it to go slightly brown). Remove the Toast and lay the Bacon strips flat, covering the bottom piece of toast. Then slice the Banana lengthways, +/- 6 slices, and lay on top of the bacon. Cover with the slice of Cheese and place the toasted top on and allow to cook for 3-4 minutes.

## **MEXICAN TORTILLAS (Serves 4-6)**

### **Ingredients:**

250g Mexican Salsa

Half a cup Black Turtle Beans - mashed (Or red Kidney beans)

2 Tablespoons snipped Garlic Chives

200g Finely chopped Chorizo Sausage

16 Tortilla rounds (unfried)

200g Zatziki dip

200g Avocado dip

250g Mozzarella cheese, grated

1 cup Sour Cream

Pre-heat the Sandwich press until 'READY' Green light turns OFF. Combine Salsa, beans, chives and sausage and spoon mixture over 8 Tortillas.

Top with alternating layers of zatziki, Avocado and Cheese.

Cook Tortillas until golden, crisp and heated through - Approx. 8 Minutes.

**Serving Suggestion:** Serve with Sour Cream and Salad Greens

## STORAGE

-Ensure the unit is completely cool and dry.

-Do not wrap the cord around the appliance, as this will cause damage.

-Keep the appliance in a cool, dry place.

## GUARANTEE

Before being delivered, all our products are subjected to a rigorous control.

This apparatus is guaranteed 24 months starting from the date of purchase by the consumer.

The documents in proof of guarantee are :

- The invoice and
- The filled and stamped warrantee plate (located on side or bottom of the gift box).

Without these documents in proof, no free replacement, nor no free repair, can be carried out.

During the warranty period, we deal for free, the defects of the apparatus or the accessories, rising from a defect of materials or manufacture by repair or, replacement. The services within the framework of the guarantee do not involve any extension of the warranty period and does not give right to a new guarantee!

In the event of recourse to the guarantee, bring back the complete apparatus to your retailer, in its original packing, accompanied by the proofs of purchase.

The breakage of parts out of glass or plastic is, in all the cases, not warranted.

Defects on the accessories or the wearing parts (for example: coals of engines, hooks, drive belts, remote control of replacement, teeth brushes of replacement,

webs etc) as well as cleaning, maintenance or it replacement of wearing parts are not guaranteed and are thus to pay!  
In the event of foreign intervention, the guarantee becomes null and void.  
After flow of the warranty period, repairs can be carried out, against payment, by a specialized trade or a repair service.

## SPECIFICATIONS

Power supply	220-240V~ 50Hz
Power	2000W
Norm	Class I

Made in P.R.C

*The characteristics can change without prior notice.*

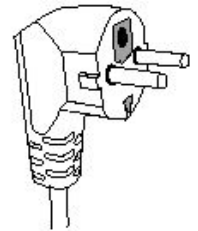
Always unplug the appliance before any cleaning or maintenance operation and accessories assembly.

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This unit is equipped with an electrical outlet with earth and must be earthed in an according plug.

Note : In the event of question concerning the earth or electric connection, please consult a qualified personnel.

In the event of short-circuit, earthing reduces the risk of electric shock while making possible the current to be evacuated by the wire of ground.



**CAUTION:** In order to minimize the risks of electric shock, In the event of breakdown, not to open the case but to call upon a qualified technician for repairs.

This apparatus satisfied EC directives, it was controlled according to all the European current directives, like: electromagnetic compatibility (EMC) and low tension (LVD). This apparatus was designed and manufactured in respect of the last safety regulations and technical specifications.

**Imported by Sotech International  
" LE PERIPOLE " N°A-107  
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94120 Fontenay sous-bois - France**

