



james
MARTIN
by **WAHL**

Healthy Table Top Grill ZX833

Safety first.
The cooking surface of this appliance gets very hot. Do not touch.
Always read your instructions before using for the first time.

James Martin Healthy Table Top Grill

Please read all instructions carefully to familiarise yourself with the Wahl James Martin Healthy Table Top Grill before using.

THIS GRILL IS INTENDED FOR HOUSEHOLD USE ONLY.

Save these instructions for further reference.

For any further assistance or information call customer services on

T: 01227 740066

or visit

W: www.wahl.co.uk

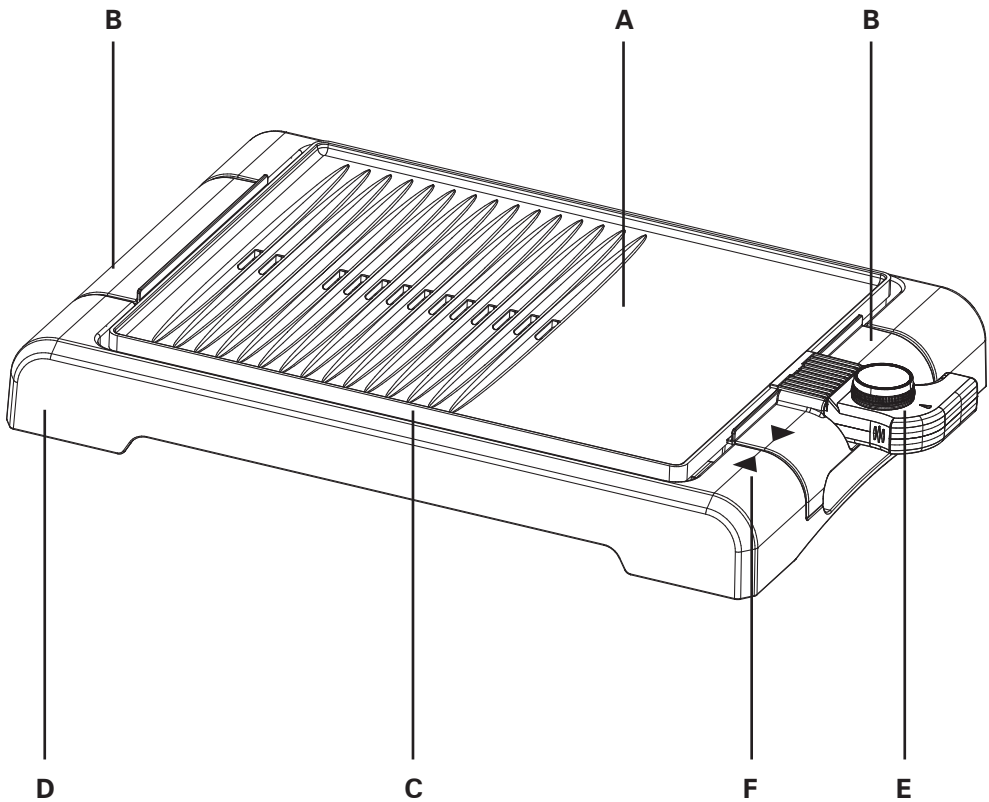
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DESCRIPTION OF PARTS

- A:** Non-Stick Grilling Surface
- B:** Cool-Touch Handle
- C:** Drip Tray
- D:** Base
- E:** Temperature Control & Dial
- F:** Location Marks



⚠ WARNING: The surfaces are liable to get hot during use.

IMPORTANT SAFEGUARDS

When using this electrical appliance, especially when children are present, basic safety precautions should always be observed including the following.

TO REDUCE THE RISK OF FIRE AND INJURY

1. This appliance can be used by children aged 8 years and above and 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 understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
2. Keep the appliance and its cord out of reach of children less than 8 years old
3. Do not touch hot surfaces. Use handles or knobs.
4. Switch off the appliance and unplug from outlet when not in use, and also before cleaning the appliance.
5. Never use your appliance without paying attention! Always unplug the unit when not in use, even for a moment.
6. Do not operate the appliance with a broken cord or plug, or if the appliance malfunctions, or is dropped or damaged in anyway.

7. Any servicing or repair must be performed by an authorised service representative.
8. Do not use outdoors or in damp areas.
9. Do not let the cord hang over the edge of the work surface counter or table or let it touch any hot surfaces.
10. Only use the temperature control that is provided by the manufacturer with this appliance.
11. The use of attachments that are not supplied by the manufacturer may cause fire, electric shock or injury and damage to the appliance.
12. To protect against risk of electrical shock, never immerse the unit or let it come into contact with water or any other liquids. Do not use the unit with wet hands. If the appliance should become wet, damp or fall in water, remove plug from mains socket immediately. Do not put your hands in the water.
13. Never carry the unit by its power cord.
14. Use this appliance only for its intended purpose.

HOW TO USE

SHORT CORD INSTRUCTIONS

1. A short detachable power-supply cord is provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.
2. Extension cords may be used if care is exercised in their use.
3. If an extension cord is used:
 - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally, the extension cord should be a grounding-type 3-wire cord.

BEFORE USING FOR THE FIRST TIME

1. Remove all packaging materials.
2. Pull the grill away from the plastic base.
3. Clean the Grilling surface, with warm soapy water by using a sponge or dishcloth. Wipe with a clean cloth to remove soap residue.

WARNING: Never immerse the grill plate, power cord plug or temperature selector in water or other liquid.

IMPORTANT: When carrying the grill, hands should be placed under the base. Do not attempt to carry by the hand holes used for removing the grill plate.
Do not use abrasive cleaners or metal scouring pads to clean the grill surface.

CONNECTING TEMPERATURE CONTROL PROBE

1. Ensure that the drip tray is flat and correctly located.
2. Locate the grill plate by matching the white arrow on the grill plate handle to the white arrow on the base.
3. Be sure the temperature control is set to the "OFF" position.
4. Plug the power cord to the appliance first, and then plug cord into the wall outlet.

Always attach plug to appliance first and then plug cord into the wall outlet. To disconnect, turn any control to "OFF" then remove plug from wall outlet.

Make sure to insert temperature control probe completely into the receptacle. When inserting or removing temperature control probe, always grip the probe instead of pulling the power cord.

This appliance is not intended to be operated by means of an external timer or separate remote-control system.



WARNING: Only use the temperature control that is provided by the manufacturer with this appliance.

CONDITIONING THE COOKING SURFACE


Before using for the first time, we recommend conditioning the non-stick surface to ensure stick-free cooking.

1. Apply a small amount of cooking oil to the non-stick surface.
2. Set the temperature control to 120°C and heat for 15 minutes.

TO START COOKING

1. Turn the knob to the desired temperature setting. The red indicator light will illuminate. See temperature table, page 8.
2. The light will go off when the grill has reached the selected temperature.
3. Cook food with little or no oil.
4. When finished, turn the temperature control to the "OFF" position and unplug the power plug from wall outlet.

NOTE: During operation the light will turn on and off indicating the proper temperature is being maintained.

 **WARNING:** Do not carry or move the grill while hot or connected to the power. Do not touch any hot surfaces.

IMPORTANT: Do not cut any food on the grill plate or use metal utensils as this will damage the non-stick surface.
The grill surface requires little or no oil for cooking.
Be careful of hot and spattering oil while cooking.

TEMPERATURE TABLE

TEMP 1	APPROX 120°C
TEMP 2	APPROX 140°C
TEMP 3	APPROX 160°C
TEMP 4	APPROX 180°C
TEMP 5	APPROX 200°C+

QUICK COOKING GUIDE

FOOD	COOKING TIME	TEMPERATURE
Salmon/Fish	15-20 minutes	160 °C
Bacon	15-20 minutes	140 °C
Sausages	20 minutes	160 °C
Hamburger	15-20 minutes	200 °C
Hotdogs	15 minutes	160 °C
Chicken Breast	12-15 minutes each side	180 °C
Bone in Pork Chops	10-12 minutes each side	160 °C
Steak (rare)	5-6 minutes each side	200 °C
Steak (well done)	8-9 minutes each side	200 °C
Lamb Cutlets	6-7 minutes each side	200 °C

NOTES & COOKING TIPS

- Meats, poultry and fish are based on 1cm to 1.5cm thickness.
- Tips for cooking Meat: to retain tenderness, cook at high temperature of 180 °C to 200 °C to brown each side, then turn down to 140 °C to continue cooking to desired taste.
- This cooking chart is for reference only. Times and temperature settings may vary upon the amount of food and your desired result. Always ensure food is thoroughly cooked.

RECIPE

FRESH TUNA SALAD

Serves 4

4 x 100g / 3 ½ oz fresh tuna fillet ideally the centre cut
2 heads of baby little gem lettuce stalk removed and washed
100g / 3 ½ oz French green beans, blanched
100g / 3 ½ oz Cherry tomatoes cut in halve
75g / 2 ½ oz Large Kalamata olives
4 Medium sized hard-boiled eggs shell removed
1 Avocado peeled and stone removed sliced lengthways
1 tbsp Fresh chervil
1 tbsp Fresh tarragon leaves
Salt and Pepper
Drizzle extra virgin olive oil

For the dressing
2 tbsp Dijon mustard
50ml / 2 fl oz red wine vinegar
100ml / 4 fl oz extra virgin olive oil

METHOD

Season the tuna steaks with salt and pepper and a drizzle of oil.

Place onto the griddle allow to cook for about 30 seconds before turning over cook for another 30 seconds, then remove from the griddle and drain on some kitchen paper.

Make the dressing by placing all the ingredients into a bowl and whisk well set to one side.

For the salad put the tomatoes, beans, olives and lettuce into one bowl and drizzle with a little of the dressing and lightly toss.

Cut the eggs into quarters and season with salt and black pepper, and then add the avocado and drizzle with olive oil toss together.

Slice each piece of rested tuna into 6 and arrange the lettuce, beans, tomatoes and olives onto the plates. Place the tuna slices on the plate with the avocado and egg on top scatter with the fresh herbs and drizzle with the remaining dressing and serve.

RECIPE

GRIDDLED PEPPERADE

Serves 4

8 red peppers
2 cloves garlic, skin on
1 tsp tomato puree
1 tsp fennel seeds
50g caster sugar
3 tbsp red wine vinegar
400g tinned chopped tomatoes
6 large basil leaves
3 tbsp olive oil

METHOD

Turn the griddle plate onto a medium heat rub the peppers with some of the oil and place them on the griddle plate and allow to cook for about 10 minutes turning frequently so the skin doesn't blister too much.

Meanwhile in a pan over a medium heat add the fennel seeds allow to toast for 2 minutes when they start to pop add the sugar, vinegar, tomato puree and tomatoes bring to the boil and allow to cook for 10 minutes. Remove the skin from the peppers cut them into quarters, remove and discard the seeds then cut each quarter in half lengthways. Lightly crush the garlic cloves.

Place the peppers garlic into the sauce pan of the other ingredients and cook for about 10 minutes then remove from the heat and allow to cool.

Roughly chop the basil leaves and add to the mixture mix well, when completely cool place into a sterilised kilner jar this mix will keep for up to 2 weeks in the fridge.

RECIPES

GRILLED RIBEYE STEAK WITH ROCKET PESTO

Serves 4

Salt and pepper	1 bunch fresh rocket
Extra virgin olive oil	½ bunch fresh basil leaves
4x 6oz rib-eye steak	300ml rapeseed oil
1oz unsalted butter	1 clove peeled garlic

METHOD

Season the steaks. Heat the griddle plate to high drizzle a little oil over the meat then place on to the griddle plate allow to cook for 4 minutes then turn 90 degrees and continue cooking for a further 4 minutes turn over and repeat the process (if you require more well done meat cook for a further 4 minutes on each side). Remove from the plate and allow to rest.

Bring a pan of water to the boil plunge the rocket and basil in then remove and plunge into ice cold water allow to cool. Squeeze out any excess water and place the leaves into the blender add the oil and garlic and turn on to a high speed until it forms a fine puree you may need to scrape down the sides. Place into a serving dish, put the steak onto a plate and serve with fresh salad or new season boiled potatoes

CHAR-GRILLED BANANAS WITH TOFFEE SAUCE AND ICE CREAM

Serves 4

4 Large bananas	
250 ml	Double cream
125 g	Butter
125 g	Dark brown sugar
50 ml	Black treacle
25 ml	Golden syrup
1 lt	Vanilla ice cream

METHOD

Firstly make the sauce simply put all the ingredients into a pan over a medium heat and bring to the boil allow to cook for 3-4 minutes before removing and placing in a sauce jug.

Heat the griddle plate up to high remove the banana from the skin and cut in half lengthways drizzle with a little amount of oil and place flat side down onto the griddle plate cook for 2-3 minutes then turn 90 degrees and repeat the process turn over and cook for 4 minutes then remove and place onto the serving dishes serve with a scoop of vanilla ice cream and pouring of the toffee sauce.

RECIPES

CHARRED VEGETABLE PANNINI WITH BASIL OIL

Serves 4

1 Large Fresh Bloomer
2 Courgettes
1 Aubergine
3 Red Peppers
2 Yellow Peppers
1 Red Onion
1 Fresh Basil Plant
100g Rocket
30g Fresh Parmesan Cheese
Extra Virgin Olive Oil
Rock Salt
Black Pepper

Pesto:

100g Basil
1 Garlic clove
Olive oil
seasoning

METHOD

Place the griddle on a high heat and leave to get hot, meanwhile thinly slice the courgettes and aubergines into long strips, season and drizzle with olive oil.

Cut the peppers in half and remove the seeds and stalk and place on an oven tray, drizzle with olive oil and cook in a high oven for 10 minutes to colour the skin. Remove from the oven and place in a bowl and cover with cling film and leave to cool. Once cold remove the skin and leave to one side.


Place the slices of courgette and aubergines on the griddle pan and cook both sides and remove. Cut a hole in the top of the loaf and carefully hollow out the middle leaving an empty shell and the lid.

Place a layer of each vegetable in the bottom with seasoning on each layer and, pesto and sliced red onion. Try to keep all the colours separate so you create lots of different layers and colours. Once the loaf is full to the top, replace the lid and wrap in cling film and place in the fridge to chill.


Remove the loaf from the fridge and cut into wedges and serve on a plate with the salad on the side.
Top with the fresh Parmesan cheese that you have shaved with a potato peeler.

HOW TO CLEAN & CARE AFTER USE

1. Disconnect the plug from wall outlet, and then remove the power cord from the appliance.
2. Allow the unit to completely cool.
3. Clean the Grilling surface, and plastic base with warm soapy water by using a sponge or dishcloth. Wipe with a clean cloth to remove soap residue.
4. The drip tray can be washed in warm soapy water or placed in a dishwasher.
5. Clean temperature control and receptacle pin with dry soft cloth. To prevent damage to the temperature control probe do not drop, hit, or impact the control. Only use the temperature control that is provided by the manufacturer with this appliance.

 **WARNING:** Never immerse the grill plate, power cord, plug or temperature selector in water or other liquid.

IMPORTANT: Do not use abrasive cleaners or metal scouring pads to clean the grill surface.

 **WARNING:** Only use the temperature control that is provided by the manufacturer with this appliance.

WIRING

WARNING: If the supply cord is damaged it must be replaced by the manufacturers service agent or a similarly qualified person in order to avoid a hazard.

The wires in the mains lead of this Grill are coloured in accordance to the following code:

Blue Neutral (N) Brown live (L) Green/Yellow Earth (E)

This appliance is fitted with a 3 pin plug which has a 13A fuse fitted.

If the plug supplied is not suitable for your socket or becomes damaged, it should be cut off and disposed of, and a suitable plug fitted as detailed below.

As the colours of the wires in the mains lead of this Grill may not correspond with the colour markings identifying the terminals in your plug, proceed as follows.

The wire, which is coloured BLUE, must be connected to the terminal in the plug which is marked with the letter 'N' or coloured BLACK or BLUE.

The wire, which is coloured BROWN, must be connected to the terminal in the plug which is marked with the letter 'L' or coloured RED or BROWN.

The wire, which is coloured GREEN and YELLOW, must be connected to the terminal which is marked with the letter "E" or by the EARTH SYMBOL or coloured GREEN or GREEN and YELLOW.

This appliance must be earthed.

**WASTE ELECTRICAL & ELECTRONIC EQUIPMENT DIRECTIVE 2002/96/EC
(WEEE)**



At the end of this products life it should not be disposed of with general household waste.

Care should be taken to dispose of in a suitable manner in accordance with your Local Authority regulation.

GUARANTEE

This product is guaranteed against defects in material and workmanship for a period of 2 years from the date of original purchase or receipt as a gift.

Should this product become defective during the guarantee period, return it to the store of purchase together with your proof of purchase for repair or replacement

Alternatively within the guarantee period you can return the product to Wahl (UK) Ltd who will repair any such defect or elect to replace the product or any part of it, without charge, provided that there is proof of purchase. Should a replacement be offered this will not extend the original guarantee period.

The guarantee becomes invalid in the case of misuse, alteration or repair by unauthorised persons.

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