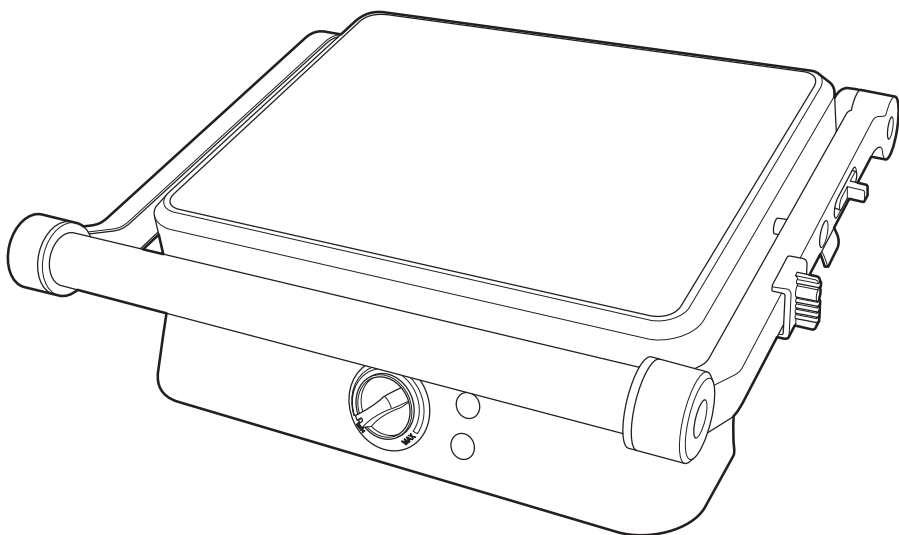




SG101B Health grill

User Guide

220-240V, 50-60Hz, 1400W

IMPORTANT: RETAIN FOR FUTURE REFERENCE

WARNINGS:

- When using electrical appliances. Basic safety precautions should always be followed including the following:

- **Read all instructions and retain for future reference.**

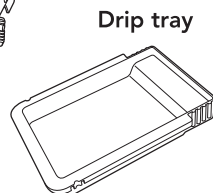
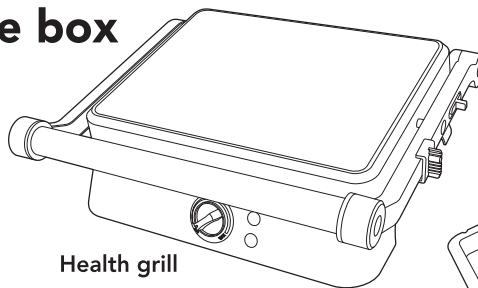
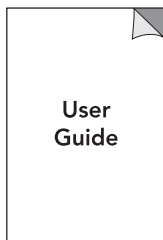


CAUTION: DANGER OF BURNS. THE HEALTH GRILL MAY BECOME HOT DURING USE. DO NOT TOUCH HOT SURFACES. DANGER OF FIRE OR ELECTRIC SHOCK. DO NOT INSERT METAL FOIL, TOOLS, OR BREAD THAT IS TOO THICK INTO THE HEALTH GRILL.

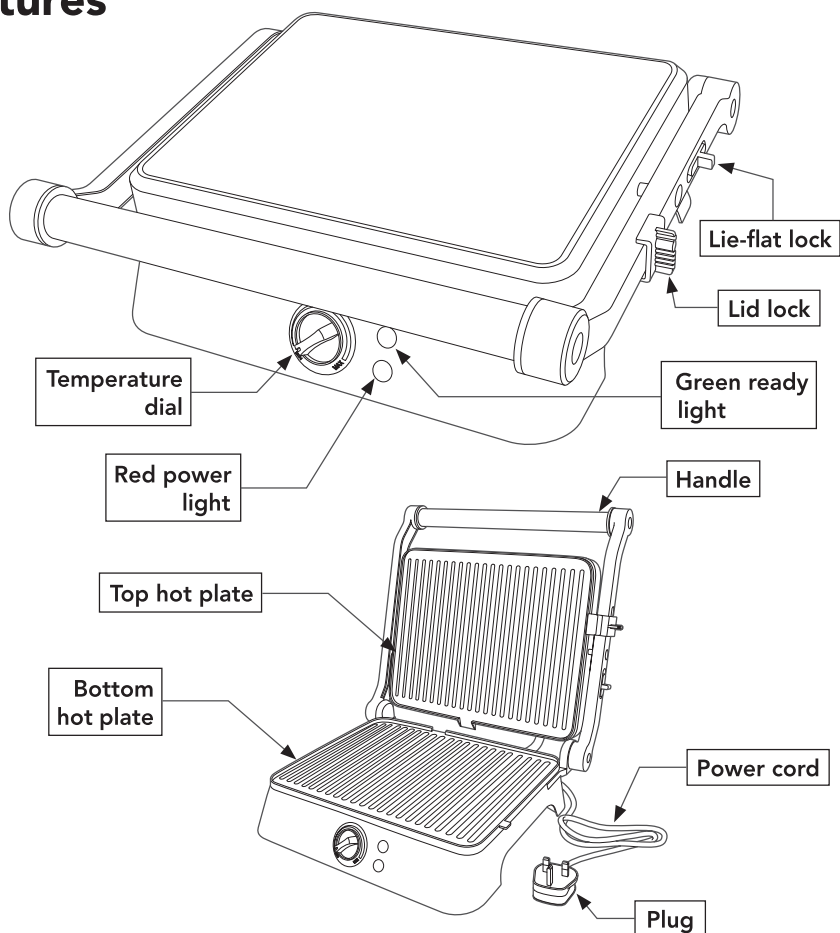
- Do not operate any appliance with a damaged cord or plug, or in abnormal state. If its main cord is damaged, it must be replaced by the manufacturer, the nearest service agent or a similarly qualified person.
- Food may burn, therefore the grill must not be used near or below curtains and other combustible materials.
- The appliance is not intended to be operated by means of an external timer or separate remote-control system.
- This appliance can be used by children aged from 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 unless they are older than 8 and supervised.
Keep the appliance and its cord out of reach of children less than 8 years.
- Make sure that your outlet voltage corresponds to the voltage stated on the rating label on the underside of the grill.
- Beware that the surface may become very hot during and after use, always use an oven glove or cloth. Use the handles provided and do not touch the heating surface.
- To protect against electrical shock, do not immerse cord, plug, or any part of the grill in water or other liquid.

- Close supervision is necessary when it is used by or near children.
- Unplug unit from the socket when not in use and before cleaning.
- Do not let the cord hang over edge of a table or counter, or touch hot surface.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Do not use the appliance for other than its intended use.
- The use of metal accessories may damage the non-stick surface of the cooking plates.
- Always ensure the drip tray is in place before use, remove and empty the fat container before storing the grill.
- Always allow the grill to become cool before cleaning.
- This appliance has been incorporated with a grounded plug. Please ensure the wall outlet in your house is well earthed.
- Only use this appliance for its intended use. The appliance is not suitable for commercial use. This appliance is only suitable for household use. Do not use the appliance outdoors or in the bathroom.
- Scoville does not recommend allowing children to operate this appliance.
- 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.
- The working state of the product is supervised, and the power is disconnected at the end of the work, so low power mode is not required.
- Regarding the instructions for details on how to clean the surfaces in contact with food, please refer to the section 'Cleaning your health grill'.
- **CAUTION: Hot surface.** The temperature of accessible surfaces may be high when the appliance is operating.

What's in the box



Features



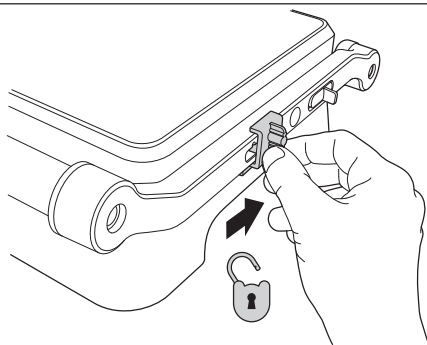
Getting the best results from your health grill: Your grill has been designed to cook food only using natural oils and fats contained within the food, no extra oil has to be added.

During cooking much of the fat contained within the food is removed and will be collected in the drip tray making the food more healthy than when fried or grilled using additional oils or fats.

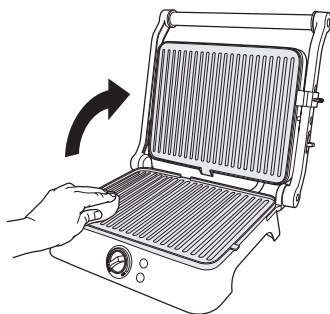
Best results are obtained when cooking foods containing some natural fats e.g. all types of meat and fish, burgers and other meat products, however different types of food can also be cooked including vegetables and even sandwiches.

Before use

Place the grill on a firm level surface.
Slide the lid lock towards the back of grill.

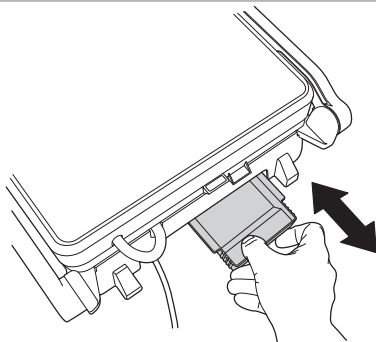


Lift the lid upwards as far as it will go and wipe the hot plates with a damp cloth, then close the lid.



Pull the drip tray out of the back of the grill and wipe clean then slot back into the back of the grill.

Your grill is now ready for use.



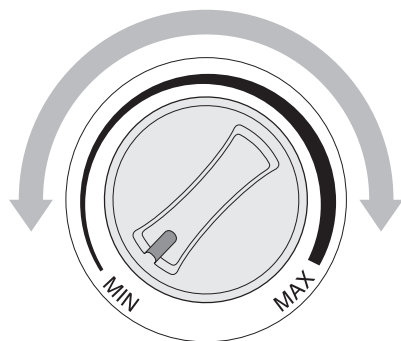
Using as a health grill

Plug the grill into a mains socket and turn the power on at the socket if required.

The red power light will come on showing the grill is heating up to the desired temperature.

Rotate the temperature dial to the desired temperature.

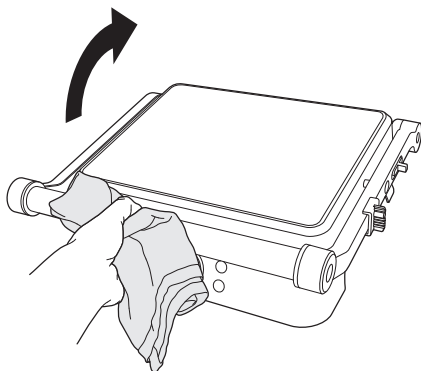
- Turn the dial clockwise to increase the temperature.
- Turn the dial anti-clockwise to reduce the temperature.



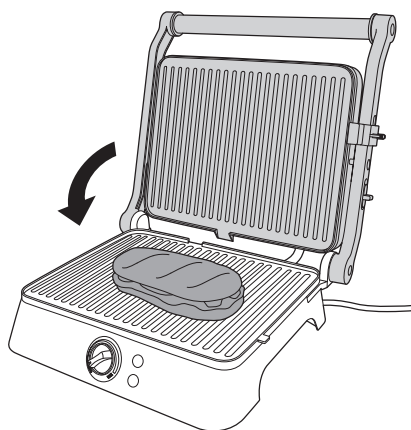
When the green ready light comes on, carefully lift the lid of the health grill using the handle and a cloth as the handle may have become hot.

Important: the lid must be in its fully open position so that it cannot fall down when placing food on the cooking plate.

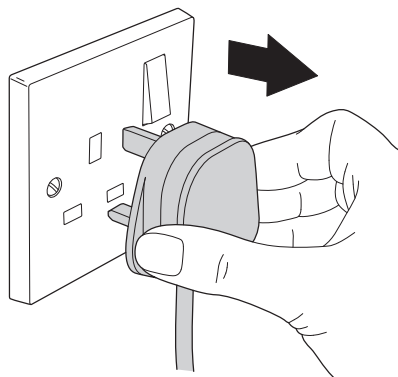
Note: The green ready light will come on periodically, which is perfectly normal and is simply an indication that the appliance is getting back up to the necessary temperature.



Lower the lid to start cooking your food. You will not need to turn the food over during cooking as both the top and bottom cooking plate are heated.

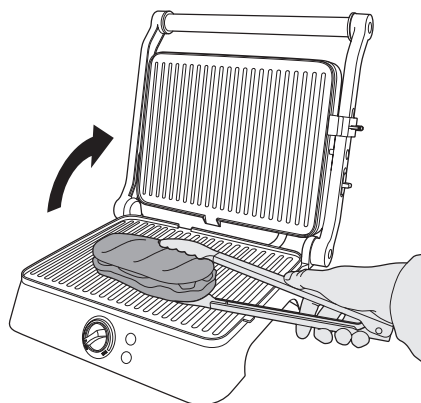


When the food is fully cooked, turn the power off at the socket and remove the plug.



Remove the food from the cooking plate using plastic or wooden implements only.

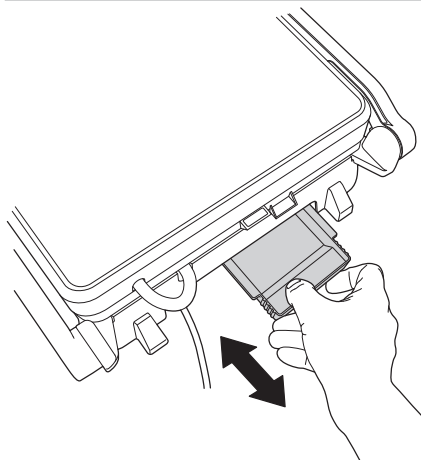
Important: Never use metal implements to remove cooked items from the cooking plate as they may damaged the non-stick coating.



Allow the health grill to cool down and wipe with a damp cloth to remove any oil and debris from the food you have cooked.

Remove the drip tray from the back of the health grill and wash in hot soapy water then dry thoroughly.

Replace the drip tray back into the back of the grill.

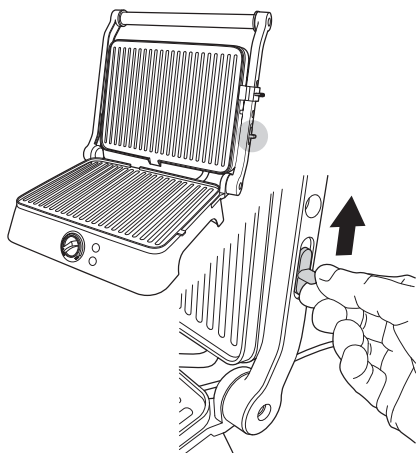


Using as a griddle

Your health grill can also be used as a double griddle.

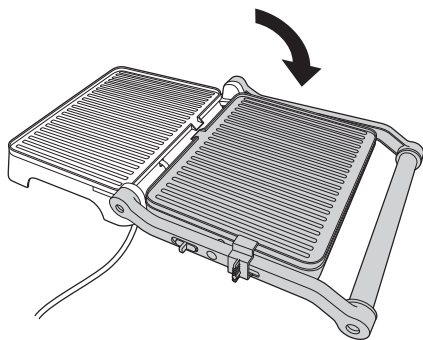
Open the lid of the health grill.

Slide the lie-flat lock upwards and lower the lid downwards as far as it will go.



The health grill can now be used as a double sided griddle.

Note: Both the bottom hot plate and top hot plate can be used to cook your food.

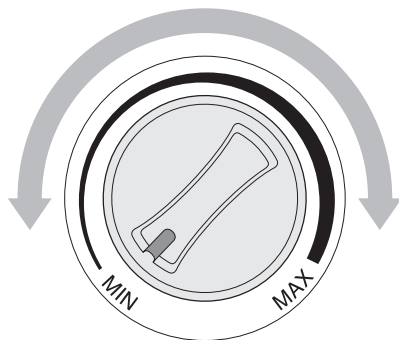


Plug the griddle into a mains socket and turn the power on at the socket if required.

The red power light will come on showing the grill is heating up to the desired temperature.

Rotate the temperature dial to the desired temperature.

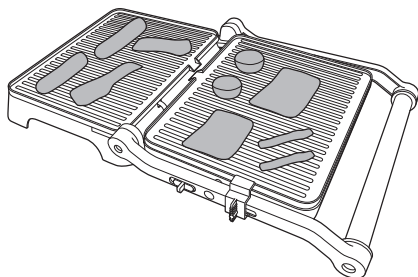
- Turn the dial clockwise to increase the temperature.
- Turn the dial anti-clockwise to reduce the temperature.



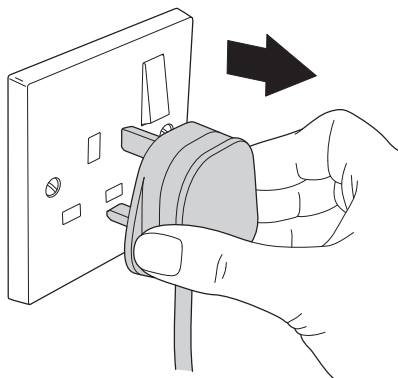
Place the food you want to cook on either or both of the griddle plates using plastic or wooden utensils.

Important: You will need to turn the food over during cooking.

Note: The green light will come on periodically, which is perfectly normal and is simply an indication that the appliance is getting back up to the necessary temperature.



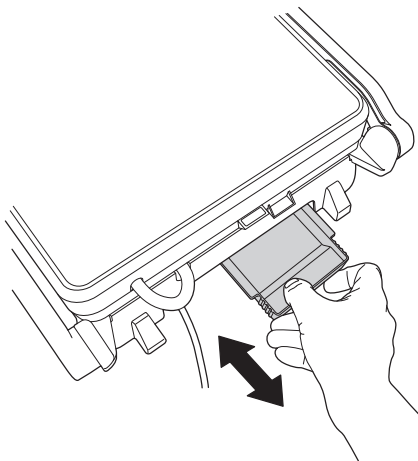
When you have finished cooking, turn the power off at the socket and remove the plug.



Allow the health grill to cool down and wipe with a damp cloth to remove any oil and debris from the food you have cooked and close the lid of the health grill.

Remove the drip tray from the back of the health grill and wash in hot soapy water then dry thoroughly.

Replace the drip tray back into the back of the grill.



Cleaning your health grill

- **IMPORTANT:** Always disconnect from the mains power and allow to cool before cleaning.
- Clean the outside of the grill with a soft dry cloth or paper towels once the grill has cooled down, never use abrasive cleaning agents or scourers as this will damage the surface of the toaster. Never use metal polish on the metal sections.
- Allow the grill to cool before cleaning. Scrape any lumps of cooked food off using wooden or plastic implements. Then clean the cooking plates with a cloth dipped in warm soapy water.
- Always dry the cooking plates using paper towels or a cloth before placing the grill into storage.
- **NEVER** immerse the grill in water or any other liquid.
- Never use a scouring pad or abrasive cleaning agents, as these will damage the non-stick coating.
- After using the grill, always pull the drip tray out and wash in hot soapy water. **NEVER** store the grill with a dirty drip tray.
- Always make sure the drip tray is correctly fitted before using the grill.
- When not in use or when placed in storage, the power cord should be wound around the grill.

How to...

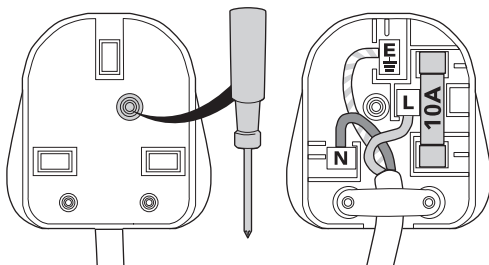
...change the fuse

1. Undo the screw in the middle of the plug using an appropriate screwdriver. Remove the fuse from the plug and replace with a 10 amp fuse.

Replace the cover.

WARNING:

Only ever use a 10 amp fuse.



For PDF copy of this manual please scan
QR code and search for model number



ASDA 
technical support
0333 600 7700

Customer services information

If you require further information, spare parts or advice regarding your product, or if you are experiencing any problems, please contact customer services at the telephone number or address shown opposite. N.B. When calling or writing please quote the product name.

Call

0800 952 0101

Write

ASDA, Leeds LS11 5AD

Product name: **SG101B Health Grill**

Product site code: **15A.09.22.178**



You do not need to register your product to activate your 3 year warranty.

For spare parts/service and other help please contact the technical helpline directly on 0333 6007700

To qualify for the 3 year warranty the appliance must have been used according to the manufacturer's instructions. For example kettles should have been regularly de-scaled.

If your appliance stops working or develops a fault then return it to your nearest store and we will happily replace or refund the item, with exception of the below exclusions:

EXCLUSIONS

ASDA shall not be liable to replace goods under the terms of the warranty where:

1. The fault has been caused or is attributable to accidental use, misuse, negligent use or use contrary to the user manual's recommendations or where the fault has been caused by power surges or damage caused in transit.
2. The appliance has been used on a voltage supply other than that described on the product rating label.
3. Repairs have been attempted by persons other than our service staff (or authorised dealer).
4. Where the appliance has been used for hire purposes or non-domestic use.
5. ASDA are not liable to carry out any type of servicing work, under the warranty.

This warranty does not confer any rights other than those expressly set out above and does not cover any claims for consequential loss or damage. This warranty is offered as an additional benefit and does not affect your statutory rights as a consumer.

If for any reason this item is replaced during the 3 year warranty period, the warranty on the new item will be calculated from original purchase date. It is vital to retain your original proof of purchase to indicate the date of initial purchase.

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Specifications are subject to change without notice.

Manufactured for:

ASDA, Leeds LS11 5AD/

ASDA, Antrim BT41 4GY.

Disposal

This symbol on the product or in the instructions means that your electrical and electronic equipment should be disposed at the end of its life separately from your household waste. There are separate collection systems for recycling in the UK.

For more information, please contact the local authority or your retailer where you purchased the product.

