

TOWER®

over 100 YEARS of quality

T27038

3 PORTION HEALTH GRILL AND PANINI PRESS



Call us first, we can help.

With advice, spares and returns.

Visit our website:
towerhousewares.co.uk

Call: +44 (0)333 220 6066
(8.30am to 6.00pm Monday-Friday)



SAFETY AND INSTRUCTION MANUAL

PLEASE READ CAREFULLY

*Subject to registering your Extended Guarantee online at www.towerhousewares.co.uk.

Specifications:

This box contains:

Instruction Manual
Health Grill And Panini Press

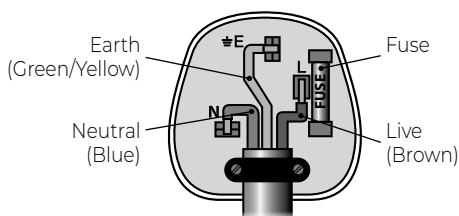
1. Handle
2. Grilling plates
3. Indicator light
4. Lock



Technical Data:

| | |
|-----------------------------|--------------------|
| Model: | T27038 |
| Rated Voltage: | 220-240V~ |
| Frequency: | 50-60Hz |
| Power Consumption: | 750W |
| Cooking Surface Dimensions: | 15cm x 24cm plates |

Wiring Safety for UK Use Only



IMPORTANT

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are labelled in accordance with the following code:

Blue neutral [N] Brown live [L] Green/Yellow [EARTH] 

Plug Fitting Details (Where Applicable). The wire labelled blue is the neutral and must be connected to the terminal marked [N].

The wire labelled brown is the live wire and must be connected to the terminal marked [L].

The wire labelled green/yellow must be connected to the terminal marked with the letter [E].

On no account must either the brown or the blue wire be connected to the [EARTH] terminal.

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

If in doubt consult a qualified electrician who will be pleased to do this for you.

Non-Rewireable Mains Plug.

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug - disconnect it from the mains - then cut it off of the mains lead and immediately dispose of it in a safe manner. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

WARNING:

This appliance **MUST** be earthed!

DISPOSAL OF THE UNIT

Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately.

Please visit www.recycle-more.co.uk or www.recyclenow.co.uk for access to information about the recycling of electrical items.

Please visit www.weeeiireland.ie for access to information about the recycling of electrical items purchased in Ireland.

The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill.

Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.



Important Safety Information:

Please read these notes carefully BEFORE using your Tower appliance

- Check that the voltage of the main circuit corresponds with the rating of the appliance before operating.
- Please ensure that the appliance is used on a stable, level, and heat resistant surface.
- DO NOT immerse cords, plugs or any part of the appliance in water or any other liquid.
- DO NOT leave the appliance unattended while it is operating.
- Close supervision is necessary when any appliance is used by or near children or pets.
- 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 should not play with the appliance.
- Cleaning and user maintenance should not be made by children without supervision.
- Switch off at the wall socket then remove the plug from the socket when not in use or before cleaning.
- If the supply cord or appliance is damaged, stop using the appliance immediately and seek advice from the manufacturer or its service agent or a similarly qualified person.
- DO NOT let the cord hang over the edge of a table or counter or let it come into contact with any hot surfaces.
- The use of accessory attachments is not recommended by the appliance manufacturer apart from those supplied with this product. DO NOT use extension cords with the appliance.

- DO NOT pull the plug out by the cord as this may damage the plug and/or the cable.
- DO NOT use this product for anything other than its intended use.
- This appliance is for household use only.
- DO NOT carry the appliance by the power cord.
- DO NOT use the appliance outdoors.
- Never position the unit close to or on hot surfaces or open flames.
- DO NOT spill liquid onto the base unit. If this happens switch off and unplug from the mains, mop up the liquid and seek advice from a qualified technician.
- High temperatures are present during operation. Only touch the handles on the unit.
- This appliance is not intended for commercial use.
- DO NOT site the product under cupboards or near hanging fabric.
- This appliance can produce steam as part of the cooking process. Avoid contact with steam escaping from the appliance.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- Extreme caution must be used when moving an appliance that produces hot oil or other hot liquids from the cooking process.
- In the unlikely event the appliance develops a fault, stop using it immediately and seek advice from the service department:
+44 (0) 333 220 6066

Before First Use

Read all instructions and safety information carefully before first use. Please retain this information for future reference.

1. Clean the cooking plates by wiping with a sponge or cloth dampened in warm water.
2. DO NOT IMMERSE THE UNIT AND DO NOT RUN WATER DIRECTLY ON THE COOKING SURFACES.
3. Dry with a cloth or paper towel.
4. For best results, lightly coat the cooking plates with a little cooking oil or cooking spray.
5. Note: When your grill is heated for the first time, it may emit a slight smoke or odour. This is normal with many heating appliances. This does not affect the safety of your appliance.

Using Your Appliance

1. Place your grill on a clean, flat surface.
2. Connect the appliance to the electrical supply. Make sure that the plug is connected properly. The indicator light will illuminate, indicating that the grill has begun heating.
3. When the grill has reached the correct temperature for cooking, the indicator light will go off. During this time, prepare the foods to be cooked.
4. Open the grill and place your panini on the bottom cooking plate.
5. Close the top cooking plate. The top cooking plate has a floating hinge that is designed to evenly press down on food. The top plate must be fully lowered to achieve grill marks on the selected foods. The ready indicator light will come on again.
6. Cook between 5 to 8 minutes, until the ready light turns off or the bread is golden brown. It is recommended to check throughout so that you adjust the time to your own taste.
7. When the food is grilled, unlock the top plate, and use the handle to open the grill and raise the top cooking plate. Remove the food with the help of a heat-resistant spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating.

Grilling Tips:

Bread

The grill is ideal for toasting most types of bread (white, wholemeal, kibbled wheat, wholegrain etc, as well as artisan breads (focaccia, panini, flat bread, baguettes, bread rolls etc). Raisin bread, brioche and breads which contain high sugar content will tend to brown quicker.

Fillings

Try to use canned or pre-cooked fruit as fresh fruit may give off excessive juices when heated. Be careful when biting into Paninis and sandwiches containing fillings such as cheese and tomato or jam as they retain heat and can burn if eaten too quickly.

Toasting Bread

The grill is ideal for toasting plain breads and flat bread, without any fillings or spreads. Try toasting flat bread with jams for a great alternative to standard breads at breakfast.

Fat Free Snacks

Due to the non-stick Cerastone ceramic cooking plates, it is not necessary to use any butter or margarine on the outside of your toasted snacks.

Grilling Vegetables

Vegetables can be cooked on skewers, or straight on to the grill.

If you are using bamboo skewers, be sure to soak them in water first.

Wash and dry vegetables that you wish to use.

Vegetables such as mushrooms and asparagus can be cooked whole on the grill pan.

Grill vegetables until they are tender and lightly charred all over.

Parboil potatoes, carrots and beets before grilling. Dry them off and brush with oil, then grill.

Vegetables such as courgette and aubergine need to be brushed lightly with oil before grilling.

Bell peppers don't require any oil.

Troubleshooting

| Questions | Answers |
|--|---|
| What do I do if food gets stuck to the cooking plates? | If food gets stuck to the cooking plates do not use metal utensils, as this can damage the non-stick cooking surface. Gently remove the food using wooden or heat resistant utensils instead. |
| Does it need preheating? | Yes. Always preheat the grill for best results. Preheat with the lid closed for approximately 5 minutes. |
| Do I need to use oil when cooking? | Some non-fatty meats and veg may require the addition of a small amount of oil to assist the non-stick surface. |
| Why are my sandwich fillings spilling over during cooking? | You may have added too many fillings to your sandwiches. Ensure that no fillings are 'overflowing' when you add the sandwich to the grill. Fillings such as cheese and jam reach very high temperatures when heated and can spill over. |
| Do the indicator lights show when my food is done? | No. The indicator lights only indicate power, and that the sandwich maker has reached the correct temperature. Ensure you do not leave the grill unattended during use. |
| My frozen chicken breasts are still pink inside but look cooked outside. | To make sure that meats and poultry are safely cooked through, be sure to thaw them before grilling. |
| Do I need to place my food in the middle of the grill for it to cook? | No, the grill plate is heated consistently along its length, so you don't need to worry about some ingredients getting more heat than others. |

Should you encounter problems or require a replacement part, contact the Tower Customer Support Team: **+44 (0) 333 220 6066**.

Some spare parts may be ordered from the Tower website.
Your warranty becomes void should you decide to use non Tower spare parts. Spare parts can be purchased from **www.towerhousewares.co.uk**

Guarantee for spare parts:

The spares and accessories are guaranteed for 1 year from date of purchase.
The main body and housing are guaranteed for the extended free warranty subject to registration.
If any defect arises due to faulty materials of workmanship, the faulty products must be returned to the place of purchase within 12 months from the date of purchase.
Refund or replacement is at the discretion of the retailer.

Cleaning & Care:

8. Before cleaning, switch the product off and remove the power plug from the power outlet.
9. Allow your grill to cool before cleaning. The grill is easier to clean when slightly warm.
10. Always clean your grill after each use to prevent a build-up of baked-on foods.
11. Wipe cooking plates with a soft cloth to remove food residue.
12. For baked-on food residue squeeze some warm water mixed with detergent over the food residue then clean with a non-abrasive plastic scouring pad.

IMPORTANT!

Allow to dry fully after cleaning before using again.

Do not use the appliance if damp. Ensure the appliance is completely clean and dry before storing.

Durable Non-stick Coating

Cooking on a non-stick surface minimizes the need for oil, food does not stick and cleaning is easier. Any discolouration that may occur will only detract from the appearance of the grill and will not affect the cooking performance. When cleaning the non-stick coating, do not use metal (or other abrasive) scourers. Wash with warm soapy water. Remove stubborn residue with a non-abrasive plastic scouring pad or nylon washing brush.

Storage

1. Unplug the power cord from the power outlet.
2. Allow the grill to fully cool.
3. Close the grill so that the top and bottom cooking plates are together and push down the locking mechanism at the side of the grill to lock together.
4. Wrap the power cord in the cord storage area below the grill.
5. Store on a flat, dry level surface.

Weights & Measures

Check these charts for basic imperial to metric conversions of weights.

| Metric | Imperial | US cups |
|--------|-------------|--------------|
| 250ml | 8 fl oz | 1 cup |
| 180ml | 6 fl oz | 3/4 cup |
| 150ml | 5 fl oz | 2/3 cup |
| 120ml | 4 fl oz | 1/2 cup |
| 75ml | 2 1/2 fl oz | 1/3 cup |
| 60ml | 2 fl oz | 1/4 cup |
| 30ml | 1 fl oz | 1/8 cup |
| 15ml | 1/2 fl oz | 1 tablespoon |

| Imperial | Metric |
|----------|--------|
| 1/2 oz | 15g |
| 1 oz | 30g |
| 2 oz | 60g |
| 3 oz | 90g |
| 4 oz | 110g |
| 5 oz | 140g |
| 6 oz | 170g |
| 7 oz | 200g |
| 8 oz | 225g |
| 9 oz | 255g |
| 10 oz | 280g |
| 11 oz | 310g |
| 12 oz | 340g |
| 13 oz | 370g |
| 14 oz | 400g |
| 15 oz | 425g |
| 1 lb | 450g |

Food Allergies

Important Note: Some of the recipes contained in this document may contain nuts and/or other allergens. Please be careful when making any of our sample recipes that you ARE NOT allergic to any of the ingredients. For more information on allergies, please visit the Food Standards Agency's website at: www.food.gov.uk



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Recipes

Grilled Vegetable Panini

Ingredients

2 panini rolls, cut in half horizontally
2 red bell peppers, sliced
1 medium red onion, thinly sliced
Tomato, thinly sliced
Mozzarella, sliced
Pesto

Method

1. Assemble your grill to use as an open grill.
2. Brush the slices of courgette, and bell pepper with olive oil.
3. Grill for the recommended time stated on the grilling guide included in this instruction manual.
4. Whilst the vegetables are on the grill, spread pesto on one cut side of each roll.
5. Remove the vegetables when lightly charred.
6. Close the grill and preheat.
7. Top the slices with the vegetables and a few slices of mozzarella on each.
8. Top with the remaining bread.
9. Grill for 4 – 8 minutes until the bread is golden brown and the cheese is melted.
10. Cut in half and serve.

Bacon, Pear and Brie Panini

Ingredients

4 slices bread
1 pear, sliced
6 slices brie
4-6 slices cooked bacon

Method

1. Grill or fry the bacon to your desired doneness and set aside.
2. Preheat the grill.
3. Cut the pear into thin slices and place on the grill. Cook on each side for around 1 minute.
4. Remove the pear slices and set aside.
5. Butter the bread and add the cooked pear, 2-3 strips of cooked bacon and some slices of brie to make a sandwich.
6. Place the sandwich on the grill and grill until the bread is golden brown and the brie is melted.

Grilled Halloumi Skewers

Ingredients

2 courgette, chopped.
225g halloumi cheese, cubed
10-15 cherry tomatoes
Zest and juice of 1 lemon
Handful of mint, chopped
½ tsp. chilli powder
2 tbsp. extra-virgin olive oil

Method

1. Mix lemon zest and juice, chilli, oil and half of the mint together. Add the courgettes, halloumi and cherry tomatoes and leave to marinate for 30 minutes.
2. Soak the wooden skewers for 20 minutes.
3. Brush the chopped courgette lightly with oil before threading the courgette, tomatoes and halloumi onto the skewers.
4. Cook on the grill for 7-8 minutes, turning half way through and basting with any remaining marinade.
5. When the skewers are cooked, sprinkle with the remaining mint.

Your Own Recipes

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thank you!

We hope you enjoy your appliance for many years.

This product is guaranteed for 12 months from the date of original purchase. If any defect arises due to faulty materials of workmanship, the faulty products must be returned to the place of purchase.

Refund or replacement is at the discretion of the retailer.

The Following Conditions Apply:

The product must be returned to the retailer with proof of purchase or a receipt.
The product must be installed and used in accordance with the instructions contained in this instruction guide.

It must be used only for domestic purposes.

It does not cover wear and tear, damage, misuse or consumable parts.

Tower has limited liability for incidental or consequential loss or damage.

This guarantee is valid in the UK and Eire only.

The standard one year guarantee is only extended to the maximum available for each particular product upon registration of the product within 28 days of purchase. If you do not register the product with us within the 28 day period, your product is guaranteed for 1 year only.

To validate your extended warranty, please visit
www.towerhousewares.co.uk and register with us online.

Please note that length of extended warranty offered is dependent on product type and that each qualifying product needs to be registered individually in order to extend its warranty past the standard 1 year.

Extended warranty is only valid with proof of purchase or receipt.

Your warranty becomes void should you decide to use non Tower spare parts.

Spare parts can be purchased from **www.towerhousewares.co.uk**

Should you have a problem with your appliance, or need any spare parts,
please call our **Customer Support Team on:**

+44 (0) 333 220 6066



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