

# *the AdjustaGrill & Press™*

Instruction Booklet



BGR250

**Sage®**

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At Sage® we are very safety conscious. We design and manufacture appliances with your safety foremost in mind. In addition, we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

## **IMPORTANT SAFEGUARDS**

### **READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE**

- Before using for the first time please ensure that your electricity supply is the same as shown on the rating label on the underside of the appliance. If you have any concerns please contact your local electricity company.
- Your Sage® appliance includes a BS 13 amp moulded mains plug on the supply cord.
- Should you need to change this plug, please complete the rewiring as follows (after safe disposal of the moulded plug).
- Please note that a cut off plug inserted into a socket is a serious danger risk.
- Wires are coloured as follows:
  - Blue = Neutral
  - Brown = Live
  - Green & Yellow = Earth
- As the colours of the wire may not correspond with the coloured markings which identify the terminals in your plug, please refer to the following:
  - The Blue wire must be connected to the terminal which is marked 'N'.
  - The Brown wire must be connected to the terminal which is marked with the letter 'L'.
  - The Green & Yellow wire must be connected to the terminal which is marked with the letter E or the earth symbol  $\perp$ .
- Please note that if a 13 amp plug is used, a 13 amp fuse should be used.

## WE RECOMMEND SAFETY FIRST

- Remove and safely discard any packaging material and promotional labels before using the grill for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the grill near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- Do not use the grill on a sink drain board.
- Do not place the grill on or near a hot gas or electric burner, or where it could touch a heated oven.
- Position the grill at a minimum distance of 20cm away from walls, curtains, cloths and other heat sensitive materials.
- Always operate the grill on a stable and heat resistant surface. Do not use on a cloth-covered surface, near curtains or other flammable materials.
- Always ensure the grill is properly assembled before use. Follow the instructions provided in this book.
- Do not place anything on top of the grill when the lid is closed, when in use and when stored.
- Always switch the variable temperature control dial to the SANDWICH position, switch the grill off at the power outlet, then unplug the power cord and cool completely if appliance is not in use, before cleaning, before attempting to move the appliance and when storing the appliance.
- Do not touch hot surfaces. Grill surfaces are hot during and after operation. To prevent burns or personal injury, always use protective hot pads or insulated oven mitts, or use handles or knobs where available.

## WE RECOMMEND SAFETY FIRST

- When operating the grill, ensure the power cord is kept away from any heat source including the surface of the grill. Ensure the power cord does not become trapped between the upper and lower hot plates of the appliance during use and storage.
- Do not attempt to operate the grill by any method other than those described in this booklet. Do not leave the grill unattended when in use.
- Do not use harsh abrasives, caustic cleaners or oven cleaners when cleaning this grill. Keep the appliance clean and refer to care and cleaning section.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- This appliance can be used by children aged 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way and they understand the hazards involved.
- Cleaning and user maintenance should not be made by children unless they are aged 8 years and above and are supervised.
- Keep appliance and its cord out of reach from children aged less than 8 years.
- Children should not play with the appliance.
- This appliance can be used by people 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.

### **IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES**

- Fully unwind the power cord before use.
- Connect only to 230V power outlet.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.

## WE RECOMMEND SAFETY FIRST

- The appliance should be positioned in a stable situation with the handles positioned to avoid spillage of oil.
- Surfaces are liable to get hot during use.
- Do not use the appliance if power cord, power plug or appliance becomes damaged in any way. If damaged or maintenance other than cleaning is required, please contact Sage® Customer Service on 0808 178 1650 or go to [sageappliances.com](http://sageappliances.com).
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.  
**Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- The appliance is not intended to be operated by means of an external timer or a separate remote control system.

## WE RECOMMEND SAFETY FIRST

- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way or maintenance other than cleaning is required, immediately cease use of the appliance and contact Sage® Customer Service on 0808 178 1650.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

### **IMPORTANT**

*Fully unwind the power cord before use. Ensure appliance is fully cooled before storing power cord inside the control box.*



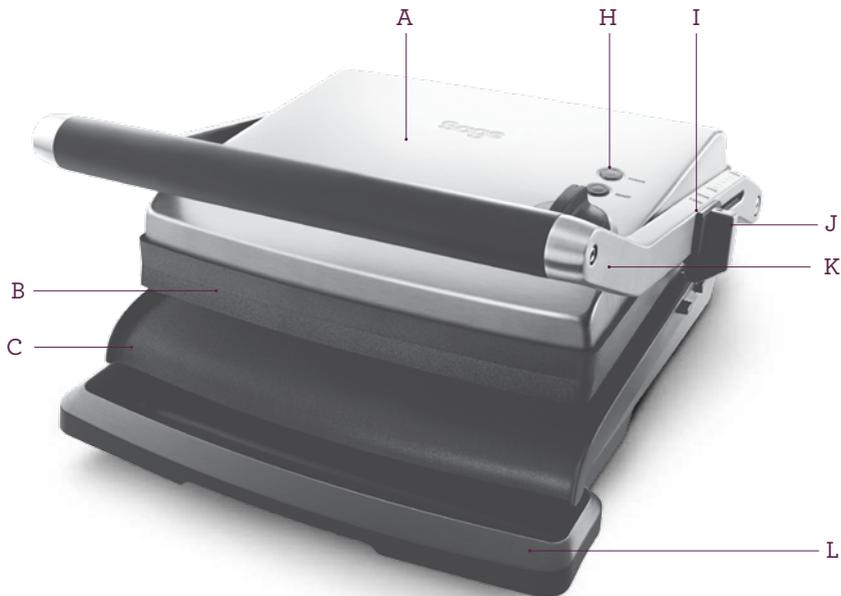
The symbol shown indicates that this appliance should not be disposed of in normal household waste. It should be taken to a local authority waste collection centre designated for this purpose or to a dealer providing this service. For more information, please contact your local council office.



This appliance is marked with a hot surface symbol, the lid and the outer surface will be hot when the appliance is operating and for some time after use.

# SAVE THESE INSTRUCTIONS

## GETTING TO KNOW YOUR NEW APPLIANCE



- A. 2200 watt element**  
Fast heat up and quick searing and toasting.
- B. Floating hinged top plate**  
Automatically adjusts to thick or thin meats, seafood, vegetables and sandwiches.
- C. Durable non-stick cooking plates**
- D. Angle adjust non-slip feet**
- E. Cord storage**  
Conveniently wraps in base.
- F. Variable temperature control dial**  
Sear steaks in minutes or toast gourmet café-style sandwiches.
- G. Cleaning spatula**
- H. POWER and READY lights**
- I. Adjustable height control**  
With 7 settings to suit grilling preference.
- J. Locking storage clip**  
Lock the plates closed for convenient upright storage.
- K. Heavy duty die cast arms**
- L. Removable drip tray**  
Dishwasher safe.

## OPERATING YOUR NEW APPLIANCE

### BEFORE FIRST USE

Remove and safely discard any packaging material or promotional labels before using your grill for the first time. Check that the cooking plates are clean and free of dust. If necessary, wipe over with a soft damp cloth. Dry thoroughly.

#### NOTE

When using the grill for the first time you may notice a fine smoke haze. This is caused by the heating of some of the components. There is no need for concern.

The grill can be used as a grill for searing meats and vegetables or as a sandwich press for toasting breads and foccacias. It also features an adjustable height control feature which allows you to fix the top plate to a range of positions above the bottom plate.

### TO USE AS A GRILL

1. Insert the power plug into a 230/240V power outlet and turn the power ON. The red POWER light will illuminate.
2. Turn the variable temperature control to SEAR for fast heat up. Allow the grill to pre-heat with the top cooking plate in the closed position until the green READY light illuminates.
3. When the grill has preheated, place the foods to be cooked onto the bottom cooking plate. Always place foods towards the rear of the bottom cooking plate.

#### NOTE

The grill can be used to cook foods in the open or closed position.

4. 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.



5. Grilling times will depend on the food being cooked. Refer to Grilling Guide (page 12).
6. Once food is cooked, use the handle to open the grill and raise the top cooking plate. Remove food with the help of a plastic or wooden spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating.

#### NOTE

Always allow the grill to pre-heat until the green READY light illuminates.



### WARNING

*Fully unwind the power cord from the cord storage facility before use.*

### TO USE AS A SANDWICH PRESS

1. Insert the power plug into a 230/240V power outlet and turn the power ON. The red POWER light will illuminate.
2. Turn the variable temperature control to SANDWICH setting. Allow the grill to preheat with the top cooking plate in the closed position until the green READY light illuminates.
3. When the sandwich press has pre-heated, place the sandwich onto the bottom cooking plate. Always place sandwiches towards the rear of the bottom cooking plate.

#### NOTE

The grill can be used to cook foods in the open or closed position.

4. Close the top cooking plate. The top cooking plate has a floating hinge that is designed to evenly press down on the sandwich. The top plate must be fully lowered to cook sandwiches.
5. Toasting should take approximately 5-8 minutes. Exact toasting time will be a matter of taste. It will also depend on the type of bread and type of filling used.
6. Once the sandwich is cooked, use the handle to open the grill and raise the top cooking plate. Remove sandwich with the help of a plastic or wooden spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating.

### USING THE ADJUSTABLE GRILLING HEIGHT CONTROL FEATURE

Adjustable height control feature allows you to fix the top plate to a range of positions above the bottom plate. This allows your grill to be used to grill delicate ingredients such as fish and hamburger buns without squashing. It can also be used for toasting open sandwich melts and snacks where you don't need to apply the height of the top plate.

1. Turn the variable temperature control to SEAR or SANDWICH setting and allow the grill to pre-heat until the green READY light illuminates.
2. Place food to be grilled or your sandwich to be melted on the bottom plate.
3. Move the adjustable height control clip on the right hand side of the grill to the desired height.



4. Slowly lower the top plate until it rests on the adjustable height control clip.
5. The top plate will radiate the desired heat to lightly grill foods or melt ingredients such as cheese. Grilling and toasting times will be a matter of taste. It will depend on the height of the top plate.

#### NOTE

The adjustable height control can be moved to accommodate thick or thin foods by sliding the clip forwards or backwards along the arm.

## GETTING TO KNOW YOUR NEW APPLIANCE

### USING THE ANGLE ADJUST NON-SLIP FEET

Your grill features unique extendable feet which are designed to level the bottom plate when cooking foods such as sausages. This ensures the sausages do not roll off the hotplate but still drain the maximum amount of fat while cooking.

### VARIABLE TEMPERATURE CONTROL DIAL

The grill features a variable temperature control dial which allows a variety of foods to be cooked. With the dial set on SEAR the temperature is correctly suited to grill meats or other foods.



With the dial set on SANDWICH the temperature is correctly suited to toasting sandwiches. The variable temperature control dial allows you to select a setting suited to the foods which are being cooked.



### HINTS FOR BEST RESULTS FOR GRILLING MEAT

For best grilling results use meat cuts which are thick enough to touch the top and base plate when the grill is closed.

RECOMMENDED CUTS	
<b>Beef</b>	<ul style="list-style-type: none"><li>• Sirloin (New York), Rump, Rib Eye (Scotch Fillet), Fillet.</li></ul>
<b>Lamb</b>	<ul style="list-style-type: none"><li>• Trim Lamb Leg Steaks, Fillet, Eye of Loin, Cutlets and Diced Lamb.</li></ul>
<b>Pork</b>	<ul style="list-style-type: none"><li>• Butterfly loin Steaks, Spare Ribs, Leg Steaks, Filets, Diced Pork.</li></ul>

- Tougher cuts such as beef blade, topside steak or lamb forequarter or neck chops can be used. To tenderise these cuts marinate them for a few hours or overnight in a marinade with wine or vinegar to help break down the connective tissue.
- If using a marinade recipe or pre-marinated meats from your meat retailer, drain excess marinade off and dab with kitchen paper before placing on the grill. Some marinades contain high sugar levels which can scorch on the grill plate when cooked.
- Do not over cook meat, even pork is better served pink and juicy.
- Do not pierce meat with a fork or cut meat while cooking. This will let the juices escape, resulting in a tougher dry steak.
- When removing fish pieces, use a flat heat resistant plastic spatula to support the food.

### GRILLING GUIDE

Contact grilling is a healthy and efficient way to cook. The cooking times are approximate due to variances in ingredient thickness. It is not recommended to cook items with thick bones such as T-bone steaks.

INGREDIENT AND TYPE	COOKING TYPE
<b>Beef sirloin steak</b>	3 minutes for medium rare 5-6 minutes for well done
<b>Beef minute steak</b>	1-2 minutes
<b>Beef hamburger patties</b>	4-6 minutes
<b>Pork scotch fillet</b>	4-6 minutes
<b>Pork loin steaks</b>	4-6 minutes
<b>Pork fillet</b>	4-6 minutes
<b>Lamb loin</b>	3 minutes
<b>Lamb cutlets</b>	4 minutes
<b>Lamb leg steaks</b>	4 minutes
<b>Chicken breast fillets</b>	6 minutes or until cooked through
<b>Chicken thigh fillets</b>	4-5 minutes or until cooked through
<b>Sausages thin</b>	3-4 minutes
<b>Sausages thick</b>	6-7 minutes
<b>Sandwich or foccacia</b>	3-5 minutes or until golden brown
<b>Vegetables sliced 1cm thick – eggplant</b>	3-5 minutes
<b>Vegetables sliced 1cm thick – zucchini</b>	3-5 minutes
<b>Vegetables sliced 1cm thick – sweet potato</b>	3-5 minutes
<b>Seafood: Fish fillets</b>	2-4 minutes
<b>Seafood: Fish cutlets</b>	3-5 minutes

## CARE & CLEANING

Before cleaning, switch the power off at the power outlet and then remove the power plug. Allow your grill to cool before cleaning. The grill is easier to clean when slightly warm.

Always clean your grill after each use to prevent a build up of baked-on foods.

Wipe cooking plates with a soft cloth to remove food residue. 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.

### CLEANING THE DRIP TRAY

Remove and empty the drip tray after each use and wash the tray in warm, soapy water. Avoid the use of scouring pads or harsh detergents as they may damage the surface. Rinse and dry thoroughly with a clean, soft cloth and replace.

Alternatively the drip tray can be cleaned in the dishwasher.

### DURABLE NON-STICK COATING

Cooking on a non-stick surface minimises 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.

#### NOTE

The cooking plates are coated with a non-stick surface, do not use abrasives.

#### NOTE

Do not use spray-on nonstick coatings as this will affect the performance of the non-stick surface on the cooking plates.

### STORAGE

To store your grill:

1. Switch off the grill and unplug power cord from the power outlet.
2. Allow the grill to fully cool.
3. Slide the height control clip towards the front handle to the LOCK position so that the top and bottom cooking plates are locked together.
4. Click the removable drip tray into place.
5. Wrap the power cord in the cord storage area below the grill.
6. Store on a flat, dry level surface.

#### NOTE

The storage clip should not be used to clamp down the top plate when food is in the grill.



### WARNING

*Do not immerse any part of the grill in water or any other liquid.*

## LEMON, THYME & GARLIC CHICKEN

Serves 4

### INGREDIENTS

1 clove garlic, crushed  
1 tablespoon chopped fresh thyme  
Juice and zest of a lemon  
40mls extra virgin olive oil  
Sea salt and freshly ground black pepper  
4 chicken breast fillets

### METHOD

1. Combine garlic, thyme, zest and juice and olive oil and mix well.
2. Place chicken into a non-reactive dish and pour prepared marinade over. Allow to stand for 30 minutes.
3. Pre-heat grill using SEAR setting until the green READY light illuminates.
4. Place chicken on preheated grill and allow top plate to gently rest on chicken. Cook for 4-5 minutes until chicken is cooked through.
5. Remove and allow to rest, loosely covered with foil for 5 minutes before serving.

*Serve with fresh salad leaves  
or steamed vegetables.*

## CHILLI, ROSEMARY & SOY LAMB FILLET

Serves 4

### INGREDIENTS

1 clove garlic, crushed  
1 Bird's-eye chilli, finely chopped  
1 tablespoon, chopped fresh rosemary  
50mls light soy sauce  
100mls extra virgin olive oil  
Sea salt and freshly ground black pepper  
2 x 300g lamb fillets

### METHOD

1. Combine garlic, chilli, rosemary, soya sauce and olive oil and in a large mixing bowl.
2. Add lamb and season with salt and pepper; toss to coat evenly and marinate for 30 minutes.
3. Pre-heat grill using SEAR setting until the green READY light illuminates.
4. Place lamb on preheated grill and allow the top plate to rest lightly on lamb. Cook for 4-5 minutes or until cooked to your liking.
5. Remove and allow to rest, loosely covered with foil for 5 minutes before serving.

## ITALIAN FOCACCIA

Serves 2

### INGREDIENTS

1 large focaccia  
2 tablespoons pesto  
1–2 Roma plum tomatoes, sliced  
150g thinly sliced Parma ham  
3 pieces marinated artichokes in oil, drained and sliced  
100g bocconcini cheese, drained and sliced  
½ medium red onion, thinly sliced  
Sea salt and freshly ground pepper

### METHOD

1. Pre-heat grill using SANDWICH setting until the green READY light illuminates.
2. Cut focaccia in half to form a sandwich. Spread base with pesto evenly and place tomatoes on top.
3. Lay Parma ham over the tomatoes and top with artichoke, bocconcini and red onion slices. Season with salt and pepper.
4. Place focaccias on bottom plate of preheated grill and lower top plate. Cook 6–8 minutes or until golden, crisp and heated through. Cut into portions and serve immediately.

## SMOKED SALMON TURKISH TOASTED PIDE

Serves 4

### INGREDIENTS

1 large Turkish pide, halved and split in half  
250g cream cheese  
2 tablespoon lime juice  
1 tablespoon drained capers, coarsely chopped  
2 tablespoons freshly chopped dill  
Freshly ground black pepper, to taste  
3 courgette, ribboned with vegetable peeler  
400g smoked salmon

### METHOD

1. Pre-heat grill using SANDWICH setting until the green READY light illuminates.
2. Combine cream cheese, lime juice, capers, dill and pepper. Spread base of Turkish bread with cream cheese mixture. Top with courgette ribbons and salmon. Season with freshly ground black pepper and cover with lid.
3. Place on bottom plate of preheated grill and lower top plate and cook until golden, crisp and heated through, approximately 5–8 minutes. Slice and serve immediately.

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Sage Appliances GmbH  
Johannstraße 37, 40476 Düsseldorf, Deutschland

Für den Kundendienst besuchen  
Sie bitte [www.sageappliances.com](http://www.sageappliances.com)

UK

IE

BRG Appliances Limited  
Unit 3.2, Power Road Studios, 114 Power Road, London, W4 5PY

Freephone (UK Landline): 0808 178 1650  
Mobile Calls (National Rate): 0333 0142 970

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