

# Rowlett Rutland

## INSTRUCTIONS (July 2016)

### For Express *HIGH SPEED* Contact Grills

Models: RE100-PING, RE100FR-PING,  
RE200-PING, RE200FR-PING, RE200FR1-PING

**PLEASE READ CAREFULLY BEFORE INSTALLING OR USING THE GRILL**

#### UNPACKING

##### **Caution: When Lifting**

Take care when removing grill from the carton. If in doubt about the weight - **get assistance**.

Carefully remove the grill from the carton, place on a secure flat surface and remove any plastic protective film from the appliance.

Before disposing of the carton check that no parts or accessories have been left inside.

#### CONTENTS

- ◆ 1 Express Contact Grill (single or double model)
- ◆ 1 Mid-frame Spacer
- ◆ 1 Mini Wire Spacer
- ◆ 1 Flat Metal Scraper
- ◆ 1 Serrated Metal Scraper (if grill has one or more ribbed plates)
- ◆ 1 Set of Instructions including Cooking Times Guide

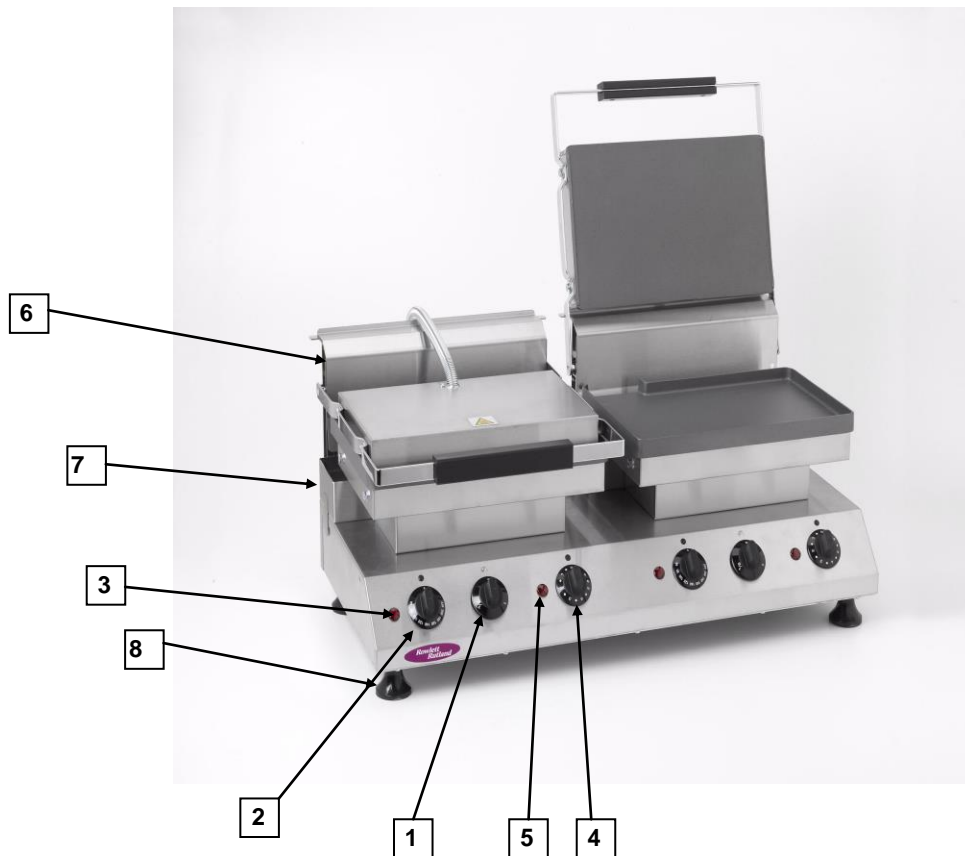
#### ELECTRICAL SPECIFICATIONS

##### **Caution: Electrical Equipment**

Models with two cables and plugs (**RE200-PING**) must be connected to electrical sockets running directly off the ring main. **DO NOT** connect to two sockets off the same spur.

**IF IN DOUBT** use the services of a qualified electrician.

	Consumption	Connection	Power
RE100-PING	1 x 2.9kw or 1 x 1.5kw (economy mode)	13amp 3 pin plug	1 x 230/240 volt
RE200-PING	2 x 2.9kw (both sides full power) or 2 x 1.5kw (both sides economy mode) or 1 x 2.9kw and 1 x 1.5kw (one side on full power and one side economy mode.)	13amp 3 pin plug	2 x 230/240 volt



- |  |                            |
|--|----------------------------|
| (1) ON/OFF switch +Full/Half power control | (6) Removable splash guard |
| (2) Temperature control                    | (7) Fat collection tray    |
| (3) Temperature control indicator lamp     | (8) Adjustable feet        |
| (4) Ping Timer                             |                            |
| (5) Ping Timer indicator lamp              |                            |

Cooking surfaces can be ribbed, smooth or a combination

**CONTROLS OPERATION**

- |                            |  |
|----------------------------|--|
| <b>Power and on/off</b>    | Switches grill on to full (1) or half (1/2) power) See "Economy mode"  |
| <b>Temperature control</b> | Sets operating temperature (180°/200°c is normal) Turn to required temperature after switching grill on.                             |
| <b>Timer control</b>       | Set required time from 30 seconds to 6 minutes.  |
| <b>Economy mode</b>        | 1 = full power<br>1/2 = half power.<br>By using this facility in quiet periods energy is saved without loss of cooking temperature.. |

**Note:**  
 Model RE200-PING (double model) Each side is completely independent of the other, allowing for different settings if required.

**ACCESSORIES**

**Mid-frame spacer** - Place on the bottom plate before closing top plate when cooking items that would squash. Examples are griddle eggs, trout, pizza slice. Using this useful accessory effectively converts your grill into a mini oven.

**Mini wire spacer** - Generally used when toasting sandwiches. Place on bottom plate with shortest sides up. Place sandwich for toasting on bottom plate and close the top plate.

## **INSTALLATION**

### **Caution: Hot Surfaces**

Top and bottom plates operate at very high temperatures. Use only the handle when opening and closing the top plate. The lid covering the top plate will get hot.

Place grill on the work surface and adjust the feet so that grill is level. **Close** the top plate/s and plug into a 3kw socket (or two sockets, see electrical specifications). Switch on and set the temperature control to maximum and leave for 10-15 minutes (top plate remaining closed). During this time the temperature control light (will switch on and off several times indicating when power is being consumed). After 10-15 minutes the grill is ready for use

### **Note:**

*It is quite normal for an odour to come from the grill at this time. This will disappear after the grill has been used for a couple of times.*

Your grill is now ready for use - **but please read on before starting to cook.**

## **ROUTINE MAINTENANCE AND CLEANING**

### **Important Note:**

As with all cooking equipment keeping the appliance clean is very important. Particular attention should be paid to the cooking surfaces as good cleaning practice is essential to hygiene and for obtaining the maximum life from the appliance.

### **Care of the cooking surfaces.**

The cooking surfaces are treated with one of the most durable treatments currently available. Its properties eliminate the necessity to continually grease the plates during use. The treatment embeds stainless steel into the surface of the plates, so do not be alarmed when a silver colour begins to show. With time, the silver grey colour will wear away (the treatment is food grade and totally safe) and natural seasoning of the plates will take place. **Use the metal scraper provided.**

When a food item has been removed from the grill immediately scrape away any food residue from the cooking surfaces using the scraper supplied, or wipe off with a paper towel. At the end of the day or cooking period thoroughly scrape the cooking surfaces and wipe clean with a paper kitchen towel. We also recommend cleaning these surfaces with a scouring pad and water. After cleaning this way, the surface may become extra dry; if this is so then **very lightly** grease both plates with cooking oil or margarine spread. This greasing is best achieved by wiping the plates when warm with a paper kitchen towel smeared with the oil or margarine.

Between cooking items it is advisable to leave the top plate open. Leaving it closed increases the possibility of burning any grease/oil into carbon (see CARBON BUILD-UP).

ONLY IF REALLY NECESSARY, **lightly** grease the food prior to cooking. If grease/oil is applied to the plate surfaces use the method described at the installation stage. Do not have the plates swimming in grease/oil.

### **Fat Collection Tray**

Clean daily (or more often if necessary) Remove from grill by sliding to one side, wash out with warm water and washing up liquid or place in dishwasher.

### **Removable Splash Guard**

Clean periodically as for the fat collection tray. Unscrew the two wing nuts and remove from the back of the grill. When replacing, be sure to **tighten** the wing nuts. With the splash guard removed the top plate can be lifted away from the grill and placed onto the work surface. Lay this down gently and avoid kinking the spring tube.

### **General care of the grill**

The body of the grill is stainless steel. Cleaning with a mixture of warm water and washing-up liquid will remove fat and grease. Performed daily this is good hygiene practice and makes cleaning far less of a chore. Use of a stainless steel cleaner brightens up the appearance of the grill and aids cleaning maintenance. **Do not use caustic cleaners.**

## Carbon build-up

Fat and grease left on hot cooking surfaces quickly turn to carbon. This bakes onto the surfaces beginning with a brown appearance and then turning black. Carbon can only be removed with much effort by chipping away with a strong blunt implement (a blunt chisel for example). Some carbon removing cleaners may be effective, but extreme care must be exercised when using such chemicals and the manufacturer's instructions followed in detail. **Do not use caustic cleaners.** In severe cases of carbon build up cooking surfaces appear to be cracked, black particles may flake off and can appear on the food. When surfaces become coated in this way cooking times are extended, heating elements are put under increased strain, cleaning becomes extremely difficult and flakes of carbon impair the appearance of the food. These problems can be avoided by following the cleaning advice given in these instructions.

**Remember - Cook, Wipe, Scrape. At the end of the day - Scrape and clean thoroughly.**

## ABOUT CONTACT COOKING

Contact grills (also known as 'Clamshell' grills) achieve their results by cooking food between two heated surfaces. This method has many benefits over the conventional griddle; it cooks much more quickly, seals the food more effectively and locks in more of the juices thus improving the flavour and reducing shrinkage. The speed of the cooking means that a relatively small cooking area can triple the output of a griddle of the same size. Generally, cooking times range from 30 seconds to around three minutes depending on the food type and thickness. For guidance a time chart is included with these instructions.

## COOKING WITH YOUR CONTACT GRILL

### Starting up

From cold switch on the grill on full power and set the required temperature on the thermostat control - we recommend 180°C - 200°C. The grill should reach the temperature required and be ready to cook within 6/7 minutes. When the grill is up to temperature (indicated by the control light going out) cooking can commence. Providing the thermostat remains set at the original setting the grill will hold the operating temperature and continuous cooking can be maintained for as long as required.

### The cooking cycle

Contact cooking makes cooking easy, there are five simple steps in the process.

- 1) If necessary, lightly grease the food or cooking surfaces. Place food on to the bottom plate.
- 2) Lower the top plate onto the food
- 3) Set the timer for desired time
- 4) When the cooking time has elapsed open the top plate.
- 5) Remove the food and **wipe or scrape** the plates to remove food residue, sticky deposits and grease/oil.

### Tips

Meat can be seasoned before cooking, but wipe the plate surfaces immediately after cooking to avoid cross flavour onto the next food item to be cooked.

Great emphasis is placed upon using only the minimum amount of grease/oil, but never let the plates become completely dry as this could cause food to stick to them. If sticking occurs lightly grease the plates. The food item should also be greased if possible.

## **A Guide to HIGH SPEED cooking times with EXPRESS CONTACT GRILLS**

<b>STEAKS (8oz SIRLOIN)</b>	<b>2-3 Minutes</b>	<b>OMELETTES</b>	<b>12 Seconds</b>
<b>CHICKEN FILLET</b>	<b>3 Minutes</b>	<b>GRIDDLE EGG</b>	<b>90 Seconds</b>
<b>PANINI</b>	<b>3 Minutes</b>	<b>GAMMON</b>	<b>90 Seconds</b>
<b>PORK CHOPS</b>	<b>3 Minutes</b>	<b>PANCAKES</b>	<b>90 Seconds</b>
<b>TOASTED SANDWICHES</b>	<b>1-2 Minutes</b>	<b>PIZZA SLICE</b>	<b>4 Minutes</b>
<b>BACON</b>	<b>30 - 60 seconds</b>	<b>FISH FILLETS</b>	<b>2-3 Minutes</b>
<b>HAMBURGERS (¼ pound)</b>	<b>60 - 90 seconds</b>	<b>BREADED FISH</b>	<b>2-3 Minutes</b>

These times are given as a general guide. The actual time for any item depend upon food thickness, quality and individual preference. If cooking **FROZEN FOOD** - increase the time by approximately 50% and cook no higher than 180°C.