

Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side



GRIDDLER & DEEP PAN

You will absolutely love the Griddler & Deep Pan. A grill designed for ultimate versatility, ease, and convenience - not to mention deliciousness every time!

We understand life can get very busy and demanding, learning how to use a new kitchen appliance and perfecting the results can be an effort and time consuming ordeal.

Here below is a quick guide on how to get you started, with unfailing recipes of minimal hassle and maximum taste. Our goal in designing these recipes was to showcase the meal opportunities you can create with your everyday pantry basics and other common kitchen staples – hopefully creating a platform in igniting meal inspiration.

GETTING PREPARED

Nylon tongs: to turn steaks, chicken, shellfish, and vegetables

Heavy-duty spatula: to flip burgers and delicate fish fillets

Pastry brushes: to brush oil, glazes, and barbecue sauces

Canola or vegetable oil: these neutral oils are best for grilling since they don't add flavor and have a high smoking point

Inexpensive instant-read thermometer: to check the internal temperature of meat

"TAKE 5"

Removing meat from the grill when it is about 5 degrees below the desired middle internal temperature then loosely covering with foil and leaving to sit for 5 to 15 minutes before slicing, allows the juices to redistribute, for a tenderer piece of meat or fish.

COOKING STEAK

- Start with the best steak you can buy
- Look for bright red color and marbling
- For higher quality cuts look for MSA graded meat labels. Good cuts for grilling are Scotch Fillet/Rib Eye, Porterhouse, Rump and Eye Fillet.
- The most important element in grilling is thickness: at least 2.5cm to 4cm thick
- Grill should be as hot as possible (230°C) to sear meat and seal in juices before reducing temperature. Always wait until the grill is pre-heated.
- Meat should be at room temperature where possible 30 minutes out of fridge.
- Do not season until ready to cook

QUICK TIPS GUIDE

Food		Thickness/ Weight	Temp.	Approx timings
Red Meat	Steak - Med. Rare (Closed position)	2cm	230°C	4 mins
		2.5cm	230°C	6 mins
		5cm	230°C	8 mins
	Kebab	2cm	180°C	8 mins
	Hamburger Patty	2cm depth	230°C	7-9 mins
Pork	Sausage	85g	180°C	15-20 mins
	Chop (bone in or boneless)	2cm	180°C	8-12 mins
	Loin boneless	2cm - 2.5cm	180°C	10 mins
Poultry	Chicken Breast (boneless, skinless)	170g - 225g	180°C	10-12 mins
	Chicken Pieces (bone in, assorted)	85g - 170g	180°C	25-35 mins
	Kebab	2cm - 3.5cm	230°C	8-10 mins
Seafood	Fish, Fillet, or Steak	2cm - 2.5cm	230°C	3-4 mins
		3cm - 3.5cm	230°C	4-6 mins
	Whole Fish	450g	180°C	12-15 mins
	Prawns	40g	230°C	2-4 mins
Vegetables	Asparagus	1cm stem width	230°C	5 mins
	Corn	Husk	230°C	20-25 mins
		Husked	230°C	10-12 mins
	Mushroom	Portobello	230°C	6-8 mins
	Capsicum	Quartered	230°C	8-10 mins
	Onion	1cm slices	230°C	6-8 mins
	Potato	0.5cm slices	230°C	10-12 mins
	Zucchini	1.5cm slices	230°C	5 mins
Eggplant	1cm slices	230°C	5 mins	

RECIPES

GRILL

Peanut Satay Chicken Skewer Kebabs	4
Grilled Asparagus or Green Beans	4
Spicy-Rub Pork Chops	4
Grilled Lemon & Thyme Salmon	5
Caramelised Banana Or Pineapple	5
Salami & Pickle Grilled Cheese Toastie	5
Gourmet Steak & Cheese Sandwich	6
Strawberry & Nutella Panini	6

GRIDDLE

Blueberry Buttermilk Pancakes	6
Brioche French Toast.	7
Crispy Hash Browns	7
Easy-Cheesy Quesadillas	8

BOTTOM GRILL & TOP GRIDDLE

Bacon & Eggs	8
Classic Cheeseburger	8

DEEP PAN

Shakshuka Eggs	9
Deep Pan Chicago-Style Pizza	9
Chilli Con Carne	10
Vanilla Or Chocolate Cake	10

PEANUT SATAY CHICKEN SKEWER KEBABS

With most of these ingredients already in your cupboard, create this decadent peanut satay marinade and sauce in just a few minutes.

Plate Side: Grill

Cooking Position: Open and flat

Makes 4 servings

- 400g** can coconut milk
- 2** tablespoons brown sugar
- 3** tablespoons light soy sauce
- 2** tablespoons curry powder
- 12** (about 600g) chicken tenderloins, fat trimmed
- 200g** jar crunchy peanut butter
- 1** tablespoon fresh lime juice
- 8** bamboo skewers
- Fresh coriander leaves to serve**

1. In a bowl combine the coconut milk, brown sugar, soy and curry powder add chicken and marinate for a minimum 1hour. Remove chicken pieces from the marinade, reserving the marinade. Thread chicken onto bamboo skewers. Transfer the reserved marinade into a saucepan and add peanut butter. Stir well and bring to a gentle simmer over medium heat. Cook, stirring often, for 5 minutes or until the sauce thickens. Stir in lime juice.
2. Turn on the Grill and set to 200°C.
3. Once preheated cook the chicken skewers for 2-3 minutes each side or until cooked through.
4. Serve skewers drizzled with the satay sauce and top with fresh coriander leaves.

GRILLED ASPARAGUS OR GREEN BEANS

Fresh green asparagus or green beans, charred with a hit of smokiness is the perfect side to your favourite dinner dish.

Plate Side: Grill

Cooking Position: Open and Flat

Makes 4 servings

- 300g** fresh green beans or asparagus
- 2** tablespoons olive oil
- 1** teaspoon crushed garlic
- Pinch of flaked salt**
- Cracked black pepper**

1. Combine green beans or asparagus, olive oil, garlic and salt in a bowl; toss to coat. Allow to marinate for 30 minutes.
2. Turn on the Grill and set to 200°C. Once preheated arrange veggies on plates.
3. Cook and turn veggies occasionally, 8 -10mins in total.
4. Once cooked, serve immediately with dipping sauce (Dill Dip suggestion below).

SPICY-RUB PORK CHOPS

Spice up, your chops with this 1 step "throw-all-together" super-simple spicy rub.

Plate Side: Grill

Cooking Position: Closed

Makes 4 servings

- 4** boneless pork chops (2.5cm thick)
- 3** tablespoons sweet paprika
- 1** tablespoon freshly ground black pepper
- 1** tablespoon flaked salt
- ¾** teaspoon chilli powder
- ¾** teaspoon garlic powder
- ¼ - ½** teaspoon ground cayenne
- Pinch of white sugar**

1. Mix together all dry ingredients in a bowl or re-sealable bag and coat pork chops in dry rub. Allow to chill for about 1 hour.
2. Turn on the Grill. and set to 230°C.
3. Once heated, place the chops on the grill in the closed position. Pork chops are done when an instant - read thermometer reads 62°C in the thickest part, about 5 minutes.
4. Allow the chops to rest covered with foil - about 5 minutes before serving.

GRILLED LEMON & THYME SALMON

Salmon is the perfect fish for grilling – it doesn't fall apart and with this marinade - mix it will ensure it doesn't dry out.

Plate Side: Bottom Grill, Top Griddle

Cooking Position: Closed

Makes 4 servings

- 2** teaspoons finely grated lemon rind
- 2** teaspoons olive oil
- 1** teaspoon finely chopped fresh thyme
- ¼** teaspoon flaked salt
- ¼** teaspoon finely cracked black pepper
- 4** salmon fillets (approx.150g each)

1. Mix together the first 5 ingredients.
2. Turn on the Grill and set to 200°C.
3. While heating rub marinade on the flesh side of salmon.
4. Once pre heated place the fillets on the grill and gently close the lid. Cook salmon for 3-4 minutes, gently remove from grill and rest for 3-5 minutes covered loosely with foil.
3. Transfer to a serving plate serve with a wedge of lemon.

CARAMELISED BANANA OR PINEAPPLE

The high heat of the grill caramelizes the natural sugars of banana and pineapple, making it extra sweet. Perfect with vanilla ice cream or with a drizzling of coconut cream!

Plate Side: Grill

Cooking Position: Closed

Makes 4 servings

- 4** medium bananas ripe (sliced vertically in half) or 1 medium fresh pineapple, peeled, cored and cut into 8 slices
- 1-2** tablespoons white sugar
- ¼** teaspoon ground cinnamon

1. Turn on Grill and set to 200°C.
2. Combine the sugar and cinnamon and sprinkle the fruit slices evenly on both sides with the mixture.
3. Once preheated, put half the banana or pineapple slices onto the grill and set the count-up timer. Close and grill for about 6 minutes, so the fruit is golden and grill marks are visible. Repeat with remaining slices.
4. Serve immediately

SALAMI & PICKLE GRILLED CHEESE TOASTIE

Whether it is lunch or a late - night after thought, this sandwich is great with a simple green salad and washed down with a ginger beer.

Plate Side: Grill

Cooking Position: Closed

Makes 2 servings

125g sliced Swiss cheese, or sharp cheddar

- 4** slices sourdough bread
- 3** dill pickles, sliced lengthwise about 2mm thick
- 80g** thinly sliced salami
- 3** tablespoons unsalted butter, room temperature

1. Turn on the grill and set to 120°C.
2. Brush two slices of bread with butter and place buttered side down on a board. Divide ½ the cheese, pickles, salami between the bread slices and add the remaining cheese. Top with remaining bread to close sandwiches and spread with the top with butter.
3. Place sandwiches, buttered side down onto grill plate and close top.
4. Grill for 5 to 7 minutes or when golden brown and crisp.

GOURMET STEAK & CHEESE SANDWICH

Steak and cheese magically come together with notes of sharpness from the mustard and sweetness from the BBQ sauce.

Plate Side: Grill

Cooking Position: Closed

Makes 2 large sandwiches

- 2** beef sirloin steaks
- 1/3** cup (95g) Smokey BBQ sauce
- 4** slices baked sourdough or ciabatta
- 1/3** cup (100g) mustard
- 2** slices thin cheddar cheese
- 1** large tomato, thinly sliced
- 1/3** cup of coarsely grated carrot
- 60g** baby rocket leaves
- Olive oil spray**

1. Turn on Grill. and set to 230°C to pre heat.
2. Put the steaks on the preheated lower grill plate and close. Sear for 2 minutes. For timings it depends on thickness and desired doneness (refer to Quick Tips Grill Times), regardless of cooking time, rest for 5 minutes on a plate lightly covered with foil.
3. Turn unit off and when cooled down, give the plates a quick wipe with some damp paper towels then turn unit back on. Select Grill and set to 200°C.
4. Assemble sandwiches on a work surface. Spread the inner-sides of bread with mustard. Then add as follows cheese, steak, BBQ sauce, tomato, carrot and rocket. Top with remaining bread. Lightly spray both plates with olive oil.
5. Once preheated place the sandwiches on the plate and free the floating hinge. Press the sandwiches firmly when closing the grill and set the count-up timer. Keep it pressed for about one minute. Continue cooking for about 6 minutes total, until bread is golden and cheese is melted.

STRAWBERRY & NUTELLA PANINI

If you're craving a sweet breakfast or after-dinner dessert. This recipe is a little winner. In all of its simplicity all you need is, bread, strawberries and Nutella.

Plate Side: Grill

Cooking Position: Closed

Makes 2 servings

- 4** slices bread (Italian style, e.g. Ciabatta)
- 2** tablespoons salted butter, melted
- 4** tablespoons Nutella
- 1** cup sliced fresh strawberries
- 2** tablespoons icing sugar mixed with a ½ teaspoon of cinnamon

1. Turn on the grill and set to 120°C.
2. Brush the bread with butter.
3. Flip the bread over and spread the Nutella on one piece.
4. Layer strawberries on top of the Nutella and add the other slices on top (butter-side-up).
5. Put the sandwich in the grill and close top for 2 to 3 minutes. Remove the sandwich to serving plate and dust in icing sugar.

BLUEBERRY BUTTERMILK PANCAKES

The buttermilk and lemon makes these light and fluffy pancakes have a slight tangy-kick to them!

Plate Side: Griddle

Cooking Position: Open & flat

Makes about twelve, 10cm pancakes

- 1½** cups self raising flour
- ¼** teaspoon ground cinnamon
- ¼** teaspoon flaked salt
- 1½** cups buttermilk
- 1** tablespoon pure maple syrup
- ½** teaspoon vanilla extract
- 1** cup fresh blueberries
- ½** teaspoon finely grated lemon rind
- 2** large free - range eggs
- 1** teaspoon unsalted butter, optional

1. Combine flour, cinnamon & salt in a large bowl.
2. Combine the buttermilk, eggs, maple syrup, and vanilla extract in a large jug and whisk well. Pour liquid ingredients into the bowl and dry ingredients stir until just combined (dry sections are OK). Add the blueberries and lemon rind and fold to mix, but do not over mix or the pancakes will be tough.
3. Turn on the Grill and set to 160°C.
4. Once preheated, use a ¼-cup measure, drop batter onto preheated griddle (if you like extra-buttery pancakes, put 1 teaspoon of butter on each plate and melt before dropping batter onto bottom plate), and set the count-up timer. Cook pancakes until bubbles form, about 2-3 minutes; flip and cook until done, about 1 minute longer.
5. Transfer to warm plates to serve.
6. Repeat until all the batter is used.

BRIOCHE FRENCH TOAST

Using brioche bread is an excellent alternative to French bread as it's nice and thick and soaks in the perfect amount of egg.

Plate Side: Griddle

Cooking Position: Open & flat

Makes 4 servings

- 4 large eggs**
- 1 cup milk**
- 2 teaspoons vanilla extract**
- 1 tablespoon maple syrup**
- ½ teaspoon ground cinnamon**
- Pinch ground nutmeg**
- Pinch flaked salt**
- 4 slices brioche bread (2cm thick)**
- Soft butter for griddle**
- Icing sugar to serve**
- Fresh fruit to serve**

1. Combine the eggs, milk, vanilla, maple syrup, cinnamon, nutmeg and salt into a medium bowl. Whisk to fully combine and pour into a 33cm x 23cm baking dish.

2. Soak the bread in the milk mixture, turning so both sides are saturated with egg milk mix.
3. While the bread is soaking, turn on the Grill and set to 160°C.
4. Once preheated lightly coat the plates with butter. Place the bread onto the hot griddle and select the count up timer. Cook 3-4 minutes per side.
5. Serve, dust with icing sugar and top with fresh fruit and extra maple syrup, if desired.

CRISPY HASH BROWNS

Make the most of the beloved potato and create extra crispy café-style hash browns.

Plate Side: Griddle

Cooking Position: Open & flat

Makes 4 servings

- 4 medium (about 1.kg) floury potatoes peeled**
- 2 tablespoons plain flour**
- 1 egg, lightly whisked**
- Pinch of flaked salt**
- Cracked black pepper**
- Crispy bacon to serve (optional)**

1. Turn on the Grill and set to 200°C.
2. Coarsely grate the potatoes into a clean tea towel. Use your hands to twist out as much excess liquid as possible. Transfer potatoes to a large bowl.
3. Add the flour, egg, salt and black pepper to the potato, and stir until well combined. Once preheated lightly coat the plates with butter. Place ¼ cup measure of the potato mixture onto the griddle and flatten into patties about 1cm thick. Cook for about 2-3 minutes each side until lightly browned and crispy.
4. Remove and transfer to a wire rack to maintain crispiness while cooking next batch of hash browns. Serve with bacon.

EASY-CHEESY QUESADILLAS

Take last night's leftovers and turn them into a completely different dish. Leftover BBQ steak, roast lamb or even grilled vegetables becomes an absolute crowd pleasing dish.

Plate Side: Griddle

Cooking Position: Closed

Makes 4 servings

200g sliced, shredded or ground leftover cooked meat or vegetables reheated

8 small flour tortilla

Soft butter for griddle

1 cup grated cheddar cheese

Sour cream or Greek yoghurt to serve

Chunky salsa to serve

OPTIONAL:

Sliced mushrooms

Green onions

Sliced black olives

Kidney beans

Diced fresh tomatoes

Avocado

1. Turn on the Grill and set to 200°C.
2. Once preheated lightly coat the plates with butter. Place a tortilla on the bottom griddle and sprinkle with cheese and toppings, keeping at least 1cm from the edge. Cover with another tortilla and close the grill.
3. The quesadillas are done when the cheese is melted and the top of the quesadilla is a little brown and crispy (about 3 - 4 minutes).
4. Transfer to a board and cut into wedges. Serve immediately with salsa and/or sour cream.
5. Cook remaining quesadillas

BACON & EGGS

Nothing beats crispy bacon and eggs, and you can't make them any easier than you can on this Griddler.

Plate Side: Bottom Grill, Top Griddle

Cooking Position: Open

Makes 2 servings

4 strips of streaky bacon

4 free range eggs

Toasted Turkish bread or sourdough to serve

1. Turn on the Grill and set to 200°C.
2. Once preheated, place the bacon in a square shape around the edges of the grill plate. Cook for 1 minute then turn bacon over. Next crack the eggs into the middle of the bacon.
3. Bacon and eggs should be cooked after 3 minutes in total. If you like your eggs, "over-easy" gently flip the eggs and cook for a further 20-30secs.

CLASSIC CHEESEBURGER

This cheeseburger is perfect as is, or add extra toppings of your choice, such as lettuce, tomato, onion, pickles, tomato or BBQ sauce or mustard to create your signature burger.

Plate Side: Bottom Grill, Top Griddle

Cooking Position: Open & Flat

Makes 4 burgers

1 medium red onion, thinly sliced

2 tablespoons olive oil

1¼ teaspoon flaked salt

¼ cup water

4 burger buns, halved

750g minced beef

Flaked salt

Cracked black pepper

Spray olive oil

4 slices cheddar cheese

1. Combine the onion slices, 2 teaspoons of the oil and ¼ teaspoon of the salt in a bowl. Turn on the grill and set to 200°C.
2. Once preheated, place the onions on the plate and set the count-up timer for approx. 20 minutes or until onions are soft and lightly golden, turn once during cooking.. Once onions are to your liking, add 1 teaspoon of the water to the onions and stir until water evaporates. Repeat until onions are very soft and caramelized, typically 10 more minutes, until all water is used. Remove to a side bowl.

3. Reheat grill to 200°C and place the bun halves on the grill plate cut side down. Cook until lightly crisp, about 2-3 minutes. Set aside.
4. Form the minced beef into 4 even-sized patties about 2cm thick, Sprinkle both sides evenly with the salt and pepper. Reheat grill to 230°C and lightly brush both plates with the olive oil.
5. Cook burgers with grill closed for about 8-10 minutes or until desired doneness. Top burgers with cheese and transfer to buns. Add onions and extras of your choice. Serve.

SHAKSHUKA EGGS

Shake up your usual weekend breakfast with this traditional but easy Middle Eastern all-day breakfast.

Plate Side: Deep Pan

Cooking Position: Open or Closed

Makes 4 servings

- 4 free - range eggs**
- 1½ tablespoons olive oil**
- 1 large red onion, halved & thinly sliced**
- 1 large red capsicum, halved, seeded & thinly sliced**
- 2 garlic cloves, finely chopped**
- 2 teaspoons sweet paprika**
- 2 teaspoons ground cumin**
- ½ teaspoon ground coriander**
- ½ teaspoon raw sugar**
- ½-1 teaspoon dried chilli flakes**
- 400g x 2 cans diced tomatoes**
- 125ml water**
- Flaked salt cracked pepper**
- Chopped parsley to serve**

1. Turn on the grill and set to 200°C.
2. Heat oil in the deep - pan dish and cook onion for 3 minutes or until soft. Add capsicum and garlic cook a further 5 minutes or until soft, stir occasionally. Stir in paprika, cumin, coriander, sugar and chilli flakes.
3. Reduce heat to 80°C. Add the tomato and water stir to combine ingredients, cook until

mixture thickens slightly (approx.15 minutes), stir occasionally. Season to taste. Use the back of a large spoon to make 4 large, evenly spaced indents in the tomato mixture. Crack an egg into each indent.

4. Close lid and cook for 6-8 minutes for soft yolks or until cooked to your liking. Top with parsley and serve.

DEEP PAN CHICAGO-STYLE PIZZA

This traditional recipe is not just delicious but a pizza cake to make as well.

Plate Side: Deep Pan

Cooking Position: Open or Closed

Makes 2 servings

- 250g fresh pizza dough ball**
- 250ml tomato passata or pizza sauce**
- 4 bocconcini cheese, sliced**
- 1½ cup precooked toppings (e.g. mince, roasted vegetables, pepperoni)**
- 100g grated pizza cheese**
- ¼ cup fresh basil leaves**

1. Remove dough ball from pack, dust in flour and place on bench at ambient temperature for at least 1 hour. Keep covered to prevent drying out.
2. Stretch dough and mould into deep pan to preferred thickness and size, ensuring you push it up the sides of the pan to form the crust.
3. Turn on the grill and set to 200°C.
4. Cover the bottom of the crust with passata, add bocconcini then scatter desired precooked toppings.
5. Top with pizza cheese.
6. Close top and bake for 25 minutes or until the dough is puffed and golden around the edges, and the cheese is bubbling. Rest for 5 minutes before serving topped with basil.

CHILLI CON CARNE

An easy-sharing favourite to serve on rice or pick up a bag or two of corn chips and turn this dish into nachos!

Plate Side: Deep Pan

Cooking Position: Open or Closed

Makes 2-3 servings

- 1** **tablespoon olive oil**
- 300g** **lean minced beef**
- 1** **medium brown onion, finely chopped**
- 1** **garlic clove, crushed**
- 1** **long green chillies, seeded, finely chopped**
- ½** **teaspoon chilli flakes, or to taste (optional)**
- 1** **teaspoon ground cumin**
- 2** **tablespoons tomato paste**
- 400g** **can diced tomatoes**
- 400g** **can red kidney beans, drained, rinsed**
- 125ml** **low salt beef stock**
- Coriander leaves to serve**
- Cooked rice to serve**
- Sour cream (optional)**

1. Turn on the grill and set to 180°C.
2. Heat the oil in deep - pan dish, cook mince and stir to break up lumps, until browned. Remove mince from pan leaving the pan juices in pan.
3. Add onion, garlic, chilli and spices to pan and until the onion is soft about 4 minutes.
4. Reduce heat to 120°C. Return mince to pan; stir in tomato paste, tomatoes, kidney beans and stock. Season to taste with salt and freshly ground black pepper. Simmer, with top down, for 30 minutes. Stir occasionally.
5. Serve with rice and sour cream and top with coriander.

VANILLA OR CHOCOLATE CAKE

Supermarket cake mixes are a great basic and quick dessert to try in the deep-pan dish. For beginners or veteran bakers, these mixes are perfect for everyone. With all the dry ingredients already mixed together, the rest of the ingredients should already be in your fridge.

Plate Side: Deep Pan

Cooking Position: Open or Closed

Makes 1 cake

- 1** **packet Vanilla or Chocolate Cake (Mix 340g)**
- ½** **cup milk**
- 2** **free range eggs**
- 70g** **soft butter**

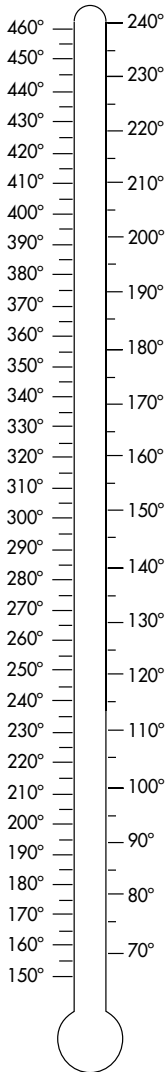
1. Lightly grease the deep pan and top flat plate with soft butter.
2. In a large bowl, place the cake mix add eggs, milk and soft butter. Mix with an electric mixer on high for 3 minutes or as per pack instructions.
3. Pour into deep -pan dish. Close top and turn on the grill and set to 160°C. Bake for 35 mins, or until skewer in the middle comes out clean.
3. Allow to cool in the pan for 10mins before transferring to a wire rack. We recommend serving the cake upside down and icing what would be the bottom of the cake.

Note – Once the pre heat is complete and you hear the ‘beep’ time the cooking/ baking from then.

WEIGHTS, MEASURES & CONVERSIONS

Temperature °F / °C

Fahrenheit Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

COOKING GUIDE & FOOD TEMPERATURE CHART

FOOD	PREPARATION	PLATE & POSITION	SUGGESTED GRILLING TEMPERATURES & TIMES
Bacon	Place in a single layer.	Grill or Griddle; Flat or Open	Place bacon on cold plates. Turn to 200°C. Cook until desired doneness. Should take about 20 to 25 minutes for 500g of bacon (if using the flat position).
Beef, boneless steak	Up to 5cm thick. Season to taste. Drain off marinade completely if marinated before grilling. Allow to come to room temperature for best results.	Grill; Closed, Open or Flat	When cooking in the closed position, preheat to 230°C. Put the steak(s) on the preheated lower grill plate and close. Sear for 2 minutes, then the grill will revert to 200°C. Cook for 2 to 10 minutes, depending on thickness and desired doneness. Rest for 5 minutes before serving. When cooking in the open or flat positions, preheat to 230°C. Put the steaks on the preheated grill plates. Cook for about 4 to 6 minutes per side, depending on the thickness of the steaks and desired doneness. Rest for 5 minutes before serving. Rare: 51°C to 54°C Medium Rare: 54°C to 57°C Medium: 60°C to 62°C Medium Well: 65°C to 68°C Well Done: 71°C+
Chicken Breasts (boneless)	Pound to an even thickness of no more than 2.5cm	Grill; Closed	Preheat to 200°C. Cook for 7 to 9 minutes. (Internal temperature should be 74°C – juices will run clear with no signs of pink.)
Chicken Thighs (boneless)	Spread to even thickness.	Grill; Closed	Preheat to 200°C. Cook for 8 to 10 minutes. (Internal temperature should be 76°C – juices will run clear with no signs of pink.)
Fish Fillet	2.5 - 5cm thick.	Grill; Closed	Preheat to 200°C. Cook for 10 to 18 minutes when grilling in the closed position. 6 to 10 minutes per side in the flat position.
Fish Steaks (sword, tuna, salmon/boned)	No more than 5cm thick.	Grill; Closed, Open or Flat	Preheat to 200°C. Cook for 10 to 15 minutes when grilling in the closed position. 5 to 10 minutes per side in the flat position.
Beef, hamburgers	Shape meat into burgers of even weight and thickness.	Grill; Closed Open or Flat	Preheat to 230°C. Put the burgers on the preheated lower grill plate. Grill burgers for about 4 to 8 minutes, depending on thickness and desired doneness. If cooking flat or open, cook about 5 to 6 minutes per side.

Sausages, uncooked	Prick links with tines of fork or tip of paring knife.	Grill or Griddle; Closed	Preheat to 200°C. Put the links on the preheated grill/griddle plates – the grill ribs are perfect for holding the links in place, and allow easy turning for even cooking. Close the top. Grill about 10 – 15 minutes, depending on the thickness of the sausages.
Panini	Brush tops and bottoms of bread with oil or softened butter before grilling.	Grill or Griddle; Closed	Preheat to 200°C. Put the prepared sandwiches on the preheated lower grill/griddle plate. Close the top. Allow sandwiches to cook for about 4 to 6 minutes, depending on thickness of sandwiches.
Quesadillas	Prepare quesadillas according to your favorite recipe.	Grill or Griddle; Closed (with cover height adjuster)	Preheat to 200°C. Put the prepared quesadilla on the preheated lower plate and close. Grill for about 2 to 3 minutes, depending on thickness and filling of the quesadillas.
Eggs	Fried or over-easy. Up to 4 eggs per plate.	Griddle; Open or Flat	Preheat to 160°C. Break the eggs onto the hot griddle plates. Flip once whites are set, about 3 to 3½ minutes, and then remove when cooked to desired doneness.
French Toast	Prepare French toast as desired.	Griddle; Open	Preheat to 160°C. Flip after 3 to 5 minutes, depending on thickness. Cook for an additional 2 to 3 minutes.
Vegetables	Have vegetables evenly cut. Season or marinate if desired.	Grill; Open, Flat or Closed (if closed, be sure that the vegetables are all the exact same thickness, or results will be uneven)	Preheat to 200°C. Grill until tender. This will vary depending on the types of vegetables used, but should take between 10 and 30 minutes.
Pork Chop	1.5 - 3cm thick.	Grill; Closed or Open Flat	200°C for 10 minutes, closed. 5 to 6 minutes per side; internal temperature should be 62°C.