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in this brochure may vary slightly from the actual product.

Breville

the Thermal Pro Grill™

Instruction Booklet



BEF100

CONGRATULATIONS

on the purchase of your new
Breville Thermal Pro Grill™

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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, 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

- Do not place grill pan near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water.
- Remove any promotional stickers before using the grill pan for the first time.
- Do not place the grill pan on or near a hot gas or electric burner, or where it could touch a heated oven. Place grill pan at least 20cm away from walls and curtains.
- Do not use on metal surfaces, for example, a sink drain board.
- Always insert Temperature Control Probe into probe socket and ensure is fully inserted, before inserting power plug into power outlet and switching on appliance. Ensure the probe socket is completely dry before inserting the Temperature Control Probe.
- Ensure the cord is not touching the hot pan.
- To protect against electric shock, do not immerse cord or Temperature Control Probe in water or any other liquid.
- Ensure the Temperature Control Probe has cooled before removing from the appliance.
- Always remove Temperature Control Probe before cleaning the appliance.
- Only the Temperature Control Probe included with the grill pan must be used.
- If using plastic utensils, do not leave in grill pan when hot.
- Never immerse cord and/or heat probe in water or any other liquid.
- Extreme caution must be used when the appliance contains hot oil or other liquid. Do not move the appliance during cooking. Allow the grill pan to cool before removing oil or other liquid.
- Place grill pan at least 200mm away from walls and curtains.
- Do not touch hot surfaces.
- Do not leave the appliance unattended when in use.
- Always turn the Temperature Control Probe to the large dot, then switch off at the power outlet and allow probe to cool, then remove probe and unplug, if appliance is to be left unattended, if not in use and before cleaning.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.
- Always use the appliance on a dry, level surface.

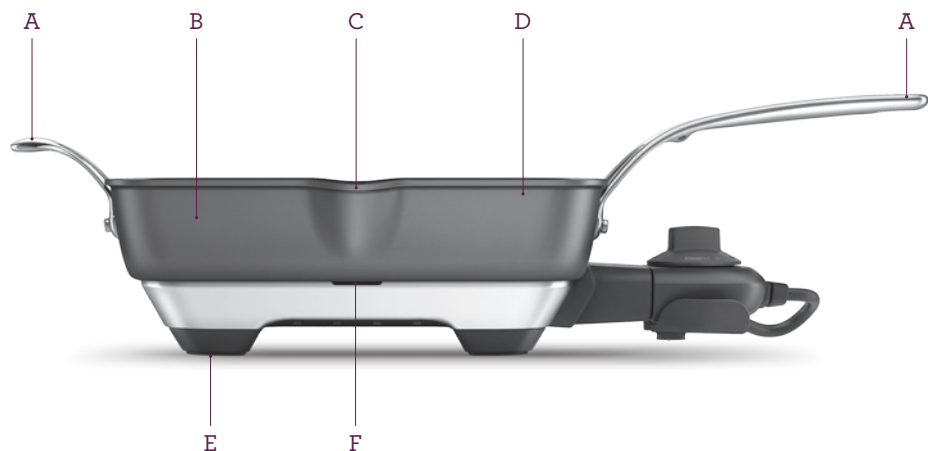
IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Unwind the cord before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces, or become knotted.
- This appliance is not intended for use by young children or infirm persons without supervision.
- Young children should be supervised to ensure that they do not play with the appliance.
- The appliance is not intended to be operated by means of an external timer or a separate remote-control system.
- It is recommended to inspect the appliance regularly. Do not use the appliance if power supply cord, plug, probe or appliance becomes damaged in any way, the supply cord cannot be replaced. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use.
- Do not use in moving vehicles or boats. Do not use outdoors.
- 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.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always switch appliance off, then switch off at the power outlet, then unplug the appliance when not in use, before attempting to move appliance and before cleaning.

**SAVE THESE
INSTRUCTIONS**

KNOW

your Breville Thermal Pro Grill™



- A. **Cast stainless steel handles**
- B. **Premium non-stick cooking surface**
- C. **Pouring spout**
For easy pouring of pan sauces.
- D. **Compact capacity**
29cm x 25cm ribbed grill is pan easy to clean as there are no detachable parts and the entire pan is dishwasher safe.
- E. **Non-slip feet**
- F. **Cast in 2400W butterfly heating element**
- G. **Precise temperature control**
With 15 heat settings from simmering to sear. Precise temperature control also means the non-stick is protected as there is less risk of over heating.

OPERATING

your Breville Thermal Pro Grill™

BEFORE FIRST USE

Remove any promotional materials and packaging materials before use. Wash your grill pan in hot soapy water. Rinse and dry thoroughly.

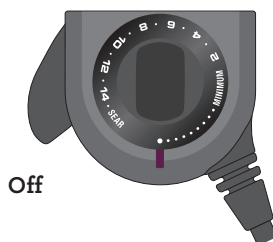
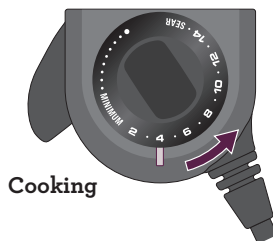
Do not immerse the cord, plug and/or Temperature Control Probe in water or any other liquid.

1. Insert the Temperature Control Probe into the probe socket on the appliance. Plug into a 230/240V power outlet and switch 'On'. Always insert the probe into the appliance first, then insert plug into power outlet.

NOTE

Before inserting the Temperature Control Probe into the probe socket, ensure the interior of the socket is completely dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

2. Turn the dial on the Temperature Control Probe clockwise to the desired setting. The red heating light on the probe will illuminate.
3. The red heating light will remain illuminated until the grill pan reaches the desired temperature. Once the temperature has been reached, the red light will cycle 'On' and 'Off' during cooking to maintain the desired temperature.
4. When cooking is completed, turn the dial anti clock-wise until the large dot is aligned with the red heating light. Switch off at the power outlet and unplug.



5. Leave the Temperature Control Probe connected to the appliance until cool.

NOTE

This grill pan must be used with the Temperature Control Probe provided. Do not use any other probe or connector.

DIAL SETTING	USES
2-6	<ul style="list-style-type: none"> • Keeping food warm • Reducing & simmering pan sauces
6-8	<ul style="list-style-type: none"> • Eggs • Meat and vegetable patties • Mushrooms • Hash browns • Onions
8-10	<ul style="list-style-type: none"> • Sausages (thick & thin) • Bacon • Eggs
10-12	<ul style="list-style-type: none"> • Ribs • Fish fillets • Prawns • Squid and calamari • Octopus • Fruit • Corn
12-SEAR	<ul style="list-style-type: none"> • Beef steaks • Lamb steaks & fillets • Pork steaks & fillets • Chicken fillets • Zucchini • Capsicum • Eggplant

CARE & CLEANING

for your Breville Thermal Pro Grill™

CARE & CLEANING

Do not leave plastic cooking utensils in contact with the hot grill pan surface while cooking.

Before cleaning, switch the grill pan to the off position and unplug from the power outlet. Remove the Temperature Control Probe when cooled from the probe socket of the appliance.

TEMPERATURE CONTROL PROBE

If cleaning is necessary, wipe the Temperature Control Probe over with a slightly damp cloth. Ensure it is completely dry before use. Never immerse the Temperature Control Probe, plug or cord in water or any other liquid.

NON-STICK COOKING SURFACE

Cooking on a non-stick surface minimizes the need for oil as food does not stick and cleaning is easier.

Any discolouration that may occur on the non-stick surface may detract from the appearance of the grill pan but will not affect the cooking performance.

Do not use metal (or other abrasive) scourers when cleaning the non-stick coating. Wash with hot soapy water. Remove stubborn spots with a soft plastic washing pad or nylon washing brush. Rinse and dry thoroughly.

REMOVING DISCOLOURATION OF THE NON-STICK SURFACE

1. Combine 2 tablespoons bicarbonate of soda, $\frac{1}{4}$ cup household bleach, 1 cup water.
2. Pour into the grill pan and simmer for 5–10 minutes.
3. Clean in a well ventilated area and avoid breathing in the vapours. Wash as directed before re-use. In some instances this may not remove all the staining.

DISHWASHER SAFE

The grill pan is dishwasher safe for easy cleaning. The recessed heating element is completely sealed so it is safe to immerse in water.

The grill pan may also be washed in hot, soapy water. Dry thoroughly.

NOTE

Before inserting the temperature control probe into the grill pan socket, ensure the interior of the grill pan socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

STORAGE

Store the temperature control probe carefully.

Do not knock or drop it as this can damage the probe. If damage is suspected, return the temperature control probe to your nearest Breville Service Centre for inspection.

TIP

For convenient storage of the temperature probe, line the grill pan with 2 sheets of kitchen paper and place the probe on the kitchen paper.

This will ensure the probe and plug don't scratch the surface.

COOKING TECHNIQUES & TIPS

for your Breville Thermal Pro Grill™

CHAR-GRILLING

Recommended temperature probe setting:

- Searing steaks: 12- SEAR
- Searing seafood, chicken and vegetables: 10-14

Char-grilling is to cook meat, poultry, fish and vegetables directly over a hot plate with raised ridges.

COOKING TIPS FOR CHAR-GRILLING MEAT

- Take the meat out of the fridge 10 minutes prior to cooking. As char-grilling is a quick method of cooking, the end result will be better if the meat is at room temperature before cooking.
- Preheat the grill pan before you begin cooking. Allow the indicator light to cycle off before placing your meat onto the cooking plate.
- If using oil, it is better to oil the meat by lightly brushing or rubbing oil onto the meat.
- Do not overcrowd the cooking surface with too much meat as this will drop the temperature too much and will not allow the food to char-grill.
- To cook juicy and moist meat, only turn meat once during cooking. Cook one side until moisture appears on the upper side. Turn over and cook other side.
- Don't cut the meat with a knife to test if its ready. This will make the juices escape and cause the meat to become dry and tough.
- Test the steak for doneness by using the blunt end of tongs to prod the meat in the thickest part. (See right for hints)
- Remove meat from heat and loosely cover with foil and rest for 2-3 minutes before serving.
- Marinated meats should be drained well of excess marinade.

HOW TO TELL WHEN YOUR STEAK IS READY OR DONE

- Make a circle with your index finger and thumb and apply a little pressure to the centre of the ball on the palm side of your thumb, it will feel very soft. With either your fingertip or the back of your tongs, press the centre of the steak. If it has the same soft texture, it is rare.
- Move your thumb to the middle finger and press the ball of your thumb again; steaks with the same soft feel will be medium rare.
- The ring finger and thumb together will indicate a medium doneness.
- The little finger and thumb together will be very firm; if a steak feels the same it will be well done.

BEST MEAT CUTS FOR CHAR-GRILLING

BEEF	Fillet, tenderloin, rib eye, scotch fillet, sirloin/ porterhouse/New York, T-bone, rump, round , blade and oyster blade, flank
LAMB	Round or topside steak, fillet/tenderloin, backstrap, loin chops, leg chops, chump chops, small cutlets
VEAL	Leg steaks, fillet steaks, eye of loin, loin cutlets, rump steak, shoulder steaks, unbreaded schnitzels

COOKING TIPS FOR CHAR-GRILLING SEAFOOD

- Char-grill fillets over medium-high heat. Fish can cook quickly and it is easier to slow down cook time and monitor to not overcook.
- Fish fillets and small fish are suitable for this grill pan.
- Brush seafood lightly with oil or cooking spray before cooking.
- Do not overcrowd the cooking surface with too much seafood as this will drop the temperature too much and will not allow the food to char-grill.
- Grill skin side first. If you will encounter any sticking, it will likely be on the flesh side, so grilling on the skin first allows the fish to set and less likely to tear and break on turning.
- Turn fish only once, flipping back and forth will break fish apart.
- If using a marinade, allow fish to soak up flavor for at least 30 minutes. Refrigerate while soaking in marinade. Drain seafood well before char-grilling.
- To grill molluscs in their shell, such as oysters, mussels and clams, place them directly onto a hot grill. They're done when the shell opens. Discard those that don't open after about 5 minutes.

HOW TO TELL WHEN YOUR SEAFOOD IS READY OR DONE

- The basic rule to cook fish fillets is 8 minutes per 3cm of thickness. Check it two minutes before you think it should be done, keeping in mind that everything keeps cooking for a few minutes after it leaves the grill.
- Fish is best when it just starts to flake off with a fork.
- For shellfish such as prawns, cook 1–2 minutes or until the prawns begin to change colour. Flesh should change from being translucent to opaque.
- Octopus, squid and cuttlefish should be cooked quickly for 30–50 seconds only.

	BEST SEAFOOD CUTS FOR CHAR-GRILLING
OILY FISH	Salmon steaks & fillets, tuna steaks, swordfish steaks, mackerel, King fish, trout, butterfly or whole sardines
WHITE FISH	Blue-eye trevalla, ling, snapper, bream, monk fish, sea bass, mahi mahi, small whole whiting, garfish
MOLLUSCS	Blue-lip mussels, clams, and pippis
SHELLFISH	Green prawns, lobster tails, langoustines
CEPHALAPODS	Octopus, squid, calamari, and cuttlefish

PAN-FRYING

Recommended temperature probe setting:

Sausages and bacon: 8-10

Eggs and meat/vegetable patties: 6-8

Mushrooms: 6-8

Caramelising onions: 6-8

- Cooking foods at a lower temperature for a longer period of time ensures that the food is cooked through perfectly without burning the surface.
- Do not overcrowd the cooking surface with too much food. This will cause the temperature to drop and not pan fry the food.

SAUTÉING

Recommended temperature setting: 10-12

NOTE

If using oil to sauté, use setting 12.

If using butter, use setting 10.

SIMMERING & BASTING

Recommended temperature probe setting:

Sauces: 2-6

- Ideal setting to use for deglazing the pan with wine or stock as a base for pan sauces.
- Use a silicon or wooden spoon to dislodge pan residue.
- Simmer sauces until reduced and finish with cream or butter.
- Keeps food warm, such as sausages and bacon.

RECIPES

BBQ PRAWNS & TARRAGON BUTTER

Serves 4

INGREDIENTS

16 large green prawns
50g butter, melted
1 clove garlic, crushed
1 tablespoon chopped tarragon
1 tablespoon chopped parsley
1 small red chilli, finely chopped
Grated rind of a lemon
Sea salt and freshly ground black pepper

METHOD

1. Slice each prawn from underneath, cutting through the shell and flesh to butterfly. Place onto a clean plate.
2. Mix remaining ingredients together and brush half of the butter mixture over prawns.
3. Preheat the grill pan on setting 10 until indicator light switches off.
4. Place prawns shell side down onto grill and cook for 2 minutes. Turnover and cook for a further 1 minute.
5. Remove and place onto a serving platter and drizzle over remaining butter mixture. Serve immediately with crusty bread and salad.

PEPPERCORN RIBEYE STEAKS

Serves 4

INGREDIENTS

1 eschallot, finely chopped
½ cup white wine
½ cup beef stock
55g tin green peppercorns, drained
1 teaspoon Dijon mustard
½ cup cream

METHOD

1. Preheat the grill pan on temperature setting 14 – SEAR setting until indicator light switches off.
2. Season steaks with salt and pepper. Cook 3–4 minutes each side for medium rare, or until cooked to your liking. Remove and cover loosely with foil to keep warm.
3. Reduced temperature setting to 6 and add oil. Add eschallots and cook 1–2 minutes, stirring frequently, until softened but not coloured
4. Pour in wine and stock and bring to the simmer, scraping and dislodging the pan residue. Simmer for 5 minutes or until sauce has reduced by half.
5. Stir in peppercorns, Dijon mustard and cream and simmer a further 2–3 minutes or until sauce has thickened.
6. Season to taste with salt and serve drizzled over rib eye. Serve with roasted potatoes and green dressed salad leaves.

Green peppercorns are sold in small 55g cans preserved in brine. Drain and rinse lightly before use.

LAMB BROCHETTE

Serves 4

INGREDIENTS

1.2kg lamb leg, trimmed and cut into 3cm cubes
 2 cloves garlic, finely chopped
 1 tablespoon chopped fresh oregano
 2 teaspoons chopped fresh rosemary
 ½ teaspoon chilli flakes
 2 tablespoons light soy sauce
 2 tablespoons olive oil
 24 small bay leaves
 12 bamboo skewers

METHOD

1. Combine the lamb, garlic, rosemary, chill, soy and olive oil together and mix well to coat the lamb evenly. Cover and refrigerate. Marinate for 2 hours.
2. In the meantime, soak bamboo skewers in water for 1 hour.
3. Thread skewer with 2 cubes of lamb, followed by a bay leaf. Thread another 2 cubes of lamb and finish with a bay leaf. Repeat this with remaining lamb, bay leaves and skewers until you have 12 skewers.
4. Preheat the grill pan on temperature setting 12 until indicator light switches off.
5. Place half the skewers onto cook top and cook 10–12 minutes, turning regularly or until cooked to your liking. Remove and keep warm, loosely covered with foil. Cook remaining skewers.
6. Serve warm char-grilled vegetable salad.

WARM CHAR-GRILLED VEGETABLES WITH CAPER SAUCE

Serves 6

INGREDIENTS

1 large red capsicum
 2 Japanese eggplants
 2 zucchinis
 Olive oil cooking spray
 1 red onion, slice into thick wedges
 300g sweet potato, cut into thin wedges
 1 punnet cherry tomatoes, halved if large
 ½ cup fresh basil leaves, torn
 1 buffalo mozzarella

DRESSING

2 tablespoons Extra virgin olive oil
 2 tablespoons red wine vinegar
 1 tablespoon lemon juice
 2 tablespoons small capers, drained
 1 small clove garlic, crushed
 1 teaspoon sugar
 Salt and freshly ground black pepper

METHOD

1. Preheat the grill pan on temperature setting 14 - SEAR until the indicator light switches off. Place whole capsicum onto grill and cook turning frequently for 10–15 minutes or until skin has blackened and blistered. Remove and place inside a sealed plastic bag or container until cooled. When cool enough to touch, peel and remove seeds and membrane. Cut into thick strips and place into a large bowl.
2. Cut eggplants and zucchinis lengthways into thin slices. Spray with oil and cook on for 1–2 minutes each side or until softened with even grill marks. Remove and slice into 3 pieces and place into bowl with capsicum slices.
3. Repeat step 2 with onions and sweet potato.

4. Add cherry tomato to pan and grill quickly until just softened but not collapsed; add to bowl with char-grilled vegetables.
5. Whisk dressing ingredients together and season to taste with salt and pepper. Drizzle over roasted vegetables and toss gently to coat.
6. Place onto a large serving platter and scatter over basil leaves and tear over mozzarella. Serve immediately.

HONEY MUSTARD CHICKEN WITH HOT TOMATO & ROCKET SALAD

Serves 4

INGREDIENTS

- 4 single chicken breasts
- Salt and freshly ground black pepper
- 2 cloves garlic, crushed
- 2 tablespoons wholegrain mustard
- 1 tablespoon honey
- 3 tablespoon white wine vinegar
- 2 tablespoons olive oil
- 4 tomatoes, halved
- 150g baby rocket leaves

METHOD

1. Slice chicken breasts in half lengthways, to make two thin slices. Season well with salt and pepper.
2. Whisk together garlic, mustard, honey, vinegar and olive oil.
3. Place honey mustard marinade into a large shallow dish, large enough to fit the chicken in.
4. Preheat the grill pan on setting 10-12 until indicator light switches off. Cook chicken in batches for 2 minutes each side. Place cooked chicken directly into the reserved honey mustard marinade and toss to coat; keep warm.
5. Reduce heat to setting 8-10 and cook tomato cut side down for 4 minutes.

6. To serve, place rocket onto a large platter and top with chicken and tomato; drizzle over marinade and serve.

BEEF BURGER

Serves 4-6

INGREDIENTS

- 800g lean mince beef
- 1 onion, grated
- 1 egg, lightly beaten
- 1 carrot, grated
- ½ cup dry breadcrumbs
- 2 tablespoons Worcestershire sauce
- 2 tablespoons tomato sauce
- ½ cup chopped parsley
- Freshly ground black pepper
- 1 tablespoon oil

METHOD

1. Combine beef, onion, egg, sauces and parsley. Season with freshly ground black pepper.
2. With clean hands, mix, mince mixture until well combined.
3. Divide into 6 large flat patties and refrigerate until required.
4. Preheat the grill pan on setting 6-8 until indicator light switches off.
5. Brush patties with oil and cook for 2-3 minutes each side or until patties are cooked through. Remove and drain on absorbent paper.

Serve on toasted hamburger buns with sliced tomato, caramelised onion and lettuce.

VEGETABLE PATTIES

Makes approx 10

INGREDIENTS

400g can chickpeas, drained and rinsed
 1 small onion, finely chopped
 1 zucchini, grated
 200g sweet potato, peeled and grated
 1 small carrot, grated
 2 eggs, lightly beaten
 1 cup dried bread crumbs
 1 clove garlic, crushed
 1/3 cup coarsely chopped coriander
 1 tablespoon toasted sesame seeds
 1 tablespoon curry powder
 Salt and freshly ground pepper
 2 tablespoons olive oil

INGREDIENTS

375ml plain Greek yoghurt
 1 Lebanese cucumber, seeded and grated
 2 tablespoons chopped mint
 Salt to taste

METHOD

1. To make the yoghurt sauce, stir together ingredients and season with salt.
2. Place 2/3 of the chickpeas into the bowl of a food processor and pulse until lightly mashed.
3. Add grated vegetables, eggs, breadcrumbs, garlic, coriander, sesame seeds and curry powder. Pulse until well combined. Season with salt and pepper and add remaining whole chickpeas.
4. Using a 1/3 cup measure, spoon out mixture and form into a patty. Place onto a lined tray; cover and refrigerate for 30 minutes.
5. Preheat the grill pan on setting 8 and brush patties with oil. Cook patties for 4-5 minutes each side or until golden. Drain on paper towel and serve with yoghurt sauce.

CHAR-GRILLED SUMMER FRUIT SALAD

Serves 6

INGREDIENTS

1 small pineapple, peeled. Halved & core removed
 2 mangoes, cheeks only and skin removed
 3 bananas, peeled & halved lengthways
 4 figs, halved
 2 tablespoons honey
 Grated rind and juice of a lime
 Minted Greek yoghurt to serve

METHOD

1. Cut pineapple in thick slices and place onto a plate.
2. Cut each cheek in half and arrange on plate with pineapple, bananas and figs. Sprinkle over lime rind and drizzle over 1 tablespoon of honey.
3. Preheat the grill pan on temperature setting SEAR and char-grill fruit in batches for 1-2 minutes each side or until fruit has charred marks and just warmed through.
4. Return warm fruit to plate and drizzle over lime juice and remaining honey. Divide fruit amongst serving bowls and serve with a dollop of minted yoghurt.

