

Gasmate®

PROXIMA ELECTRIC BBQ

Model No. BQE364

FEATURES

- Cool touch handles on the hotplate and base for easy assembly and portability
- Powerful 2000 watt cast-in element is oval in shape for even heat distribution and a super fast heat-up
- Condiments tray and Cup Holder ideal for resting utensils on whilst barbecuing and holding drinks
- Space saving stand with moulded base made from durable, heat resistant nylon, the base supports the hotplate and drip tray



Important: Retain these instructions for future use.

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Sitro Group Australia Pty Ltd www.gasmate.com.au
Aber Living Ltd, N.Z www.gasmate.co.nz

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SPECIFICATIONS

Model No	BQE364
Rated Voltage	220-240V~50-60Hz
Rated Power	2000W
IP Rating	IPX4
Protection Class	I
Recommended minimum circuit rating	10A

CONTENTS

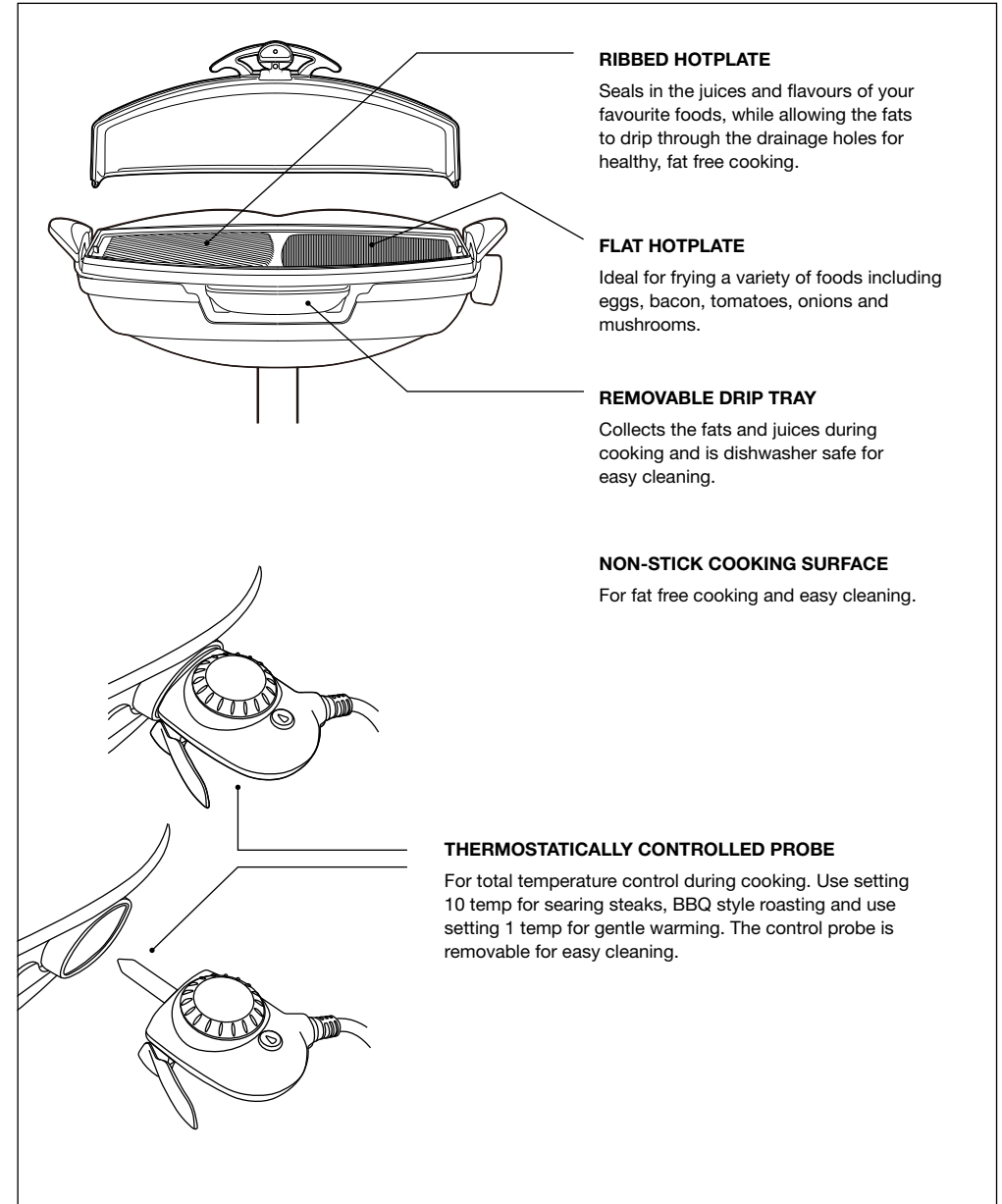
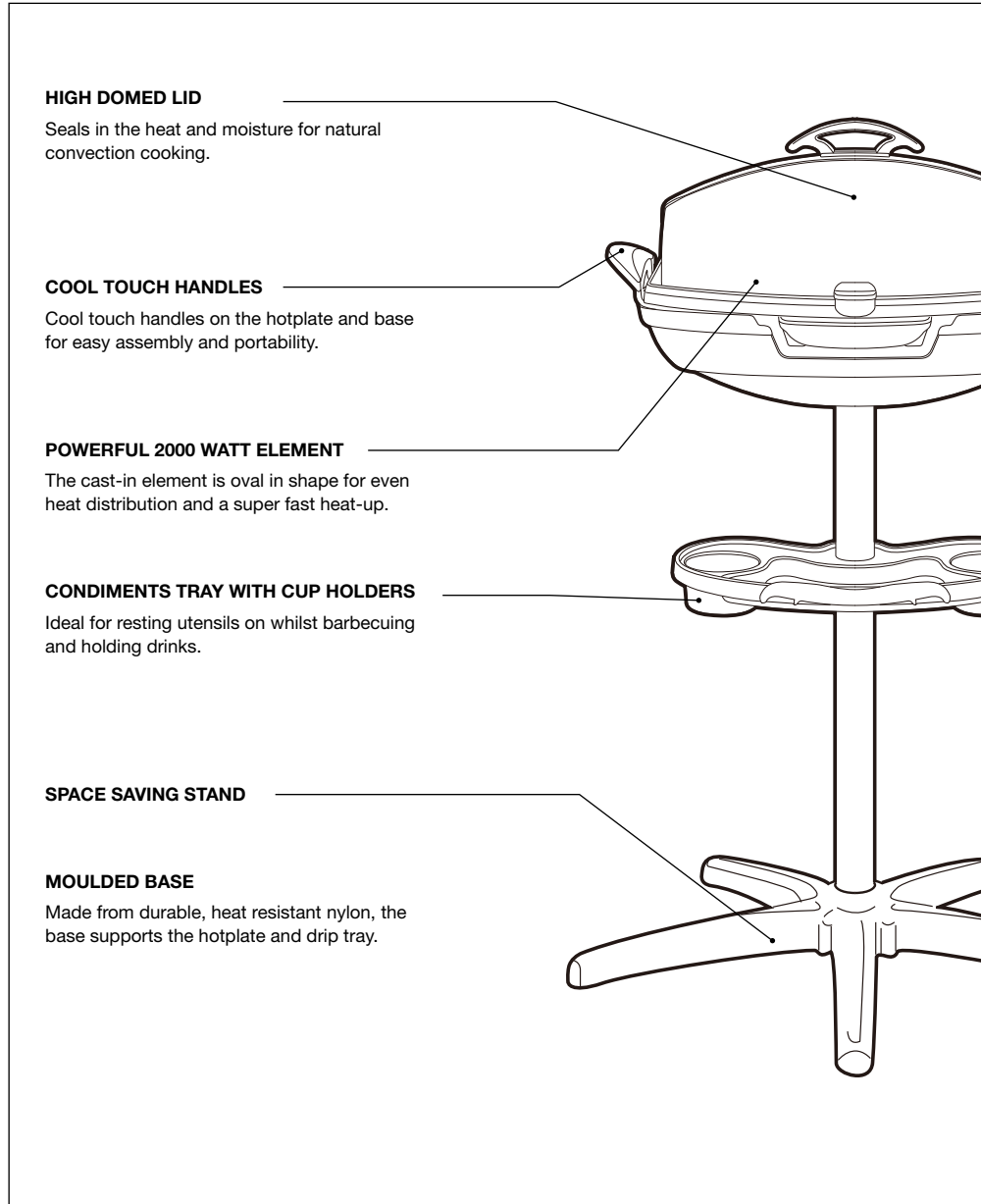
Important Notes	1
Features of your BBQ	4
Setting up your BBQ	6
Temperature Settings	8
BBQ Cooking	10
Tips to cooking a great steak	11
Tips to cooking great fish fillets	11
Care and Cleaning	12
Guide to Meat and Poultry Cooking Times and Temperatures	13
Recipes	14

IMPORTANT NOTES

When using electrical appliances, basic safety precautions should always be followed, including the following:

- Do not immerse the control probe in water or any other liquid.
- Do not use the control probe in any other appliance.
- Do not leave the control probe in the appliance when storing outdoors.
- For indoor use, adequate ventilation or an exhaust fan is recommended.
- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Use well away from walls and curtains.
- Do not leave plastic utensils in contact with appliance while cooking.
- Only use appliance fully assembled with all parts correctly in place, as specified in this instruction book.
- Do not use the stand for any purpose other than to support your BBQ.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Appointed Service Centre for examination, repair or adjustment.
- The appliance must be supplied through a residual current device (RCD) having a rated residual operating current not exceeding 30mA;
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.
- The supply cord should be regularly examined for signs of damage and the appliance is not to be used if the cord is damaged.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- The appliance is intended to be used with a connector (control probe) incorporating a thermostat, only the appropriate connector must be used.
- The appliance is suitable for outdoor use;
- The appliance is to be connected to a socket-outlet having an earthing contact.

FEATURES OF YOUR BBQ



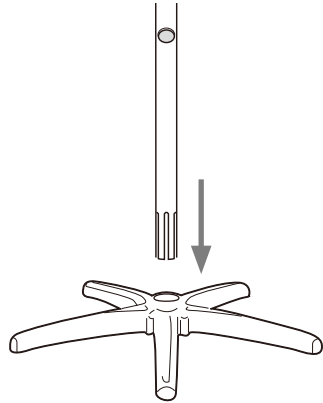
SETTING UP YOUR BBQ

BEFORE FIRST USE

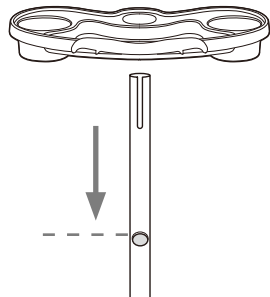
Remove any stickers from the hotplate. Wash the hotplate and drip tray in warm soapy water using a mild household detergent. Dry hotplate and drip tray thoroughly.

To assemble the stand

1. Place the base of the stand on a flat level surface. With the slots to the bottom, insert the metal tube into the hole in the centre of the base and push down firmly.



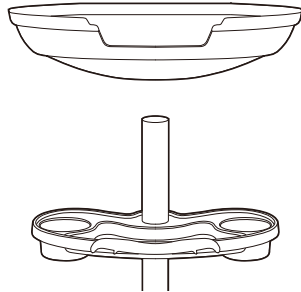
2. Place the condiments tray over the metal tube. Slide the tray down the metal tube until it rests on the two plastic pins.



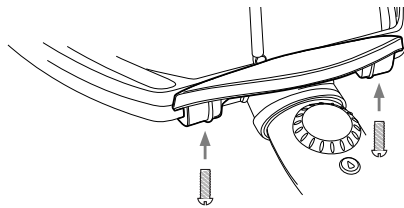
NOTE

Never attempt to remove the plastic pins from the metal tube, as these are the locators for the condiments tray.

3. Place the grill rest onto the metal tube with the drip tray aligned with the condiments tray. Push down firmly in the centre of the grill rest to secure it.

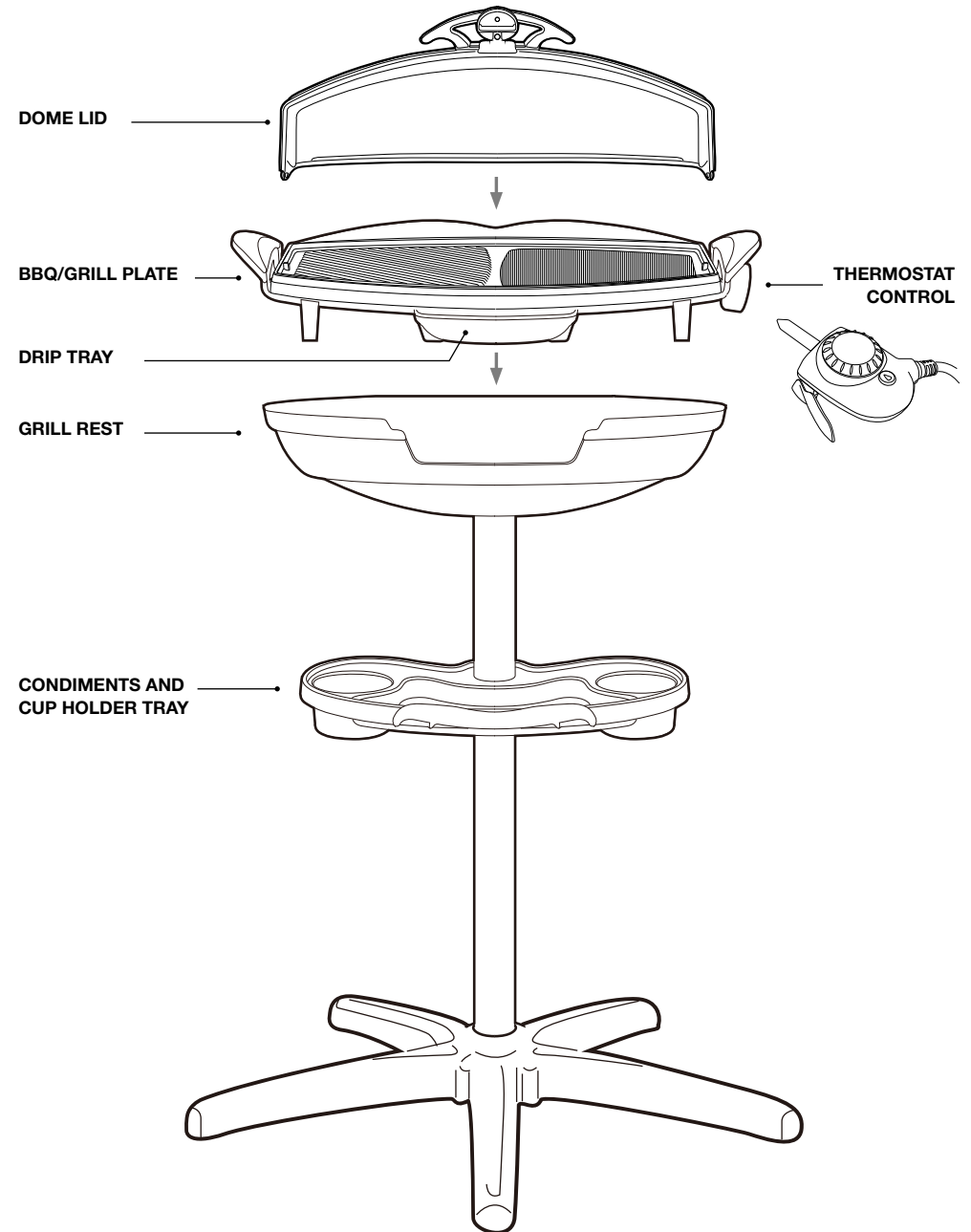
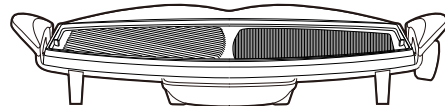


4. Turn the BBQ/Grill plate assembly upside down and place on a soft clean cloth or towel. Using the supplied screws and washers, screw the 2 handles on to the bottom of the BBQ/Grill plate assembly.



5. Place the BBQ/Grill plate assembly on top of the BBQ/Grill rest making sure it is flat and stable in the rest. Place the dome lid on the plate assembly. Push the thermostat control into the plate assembly on the right hand side. Clip the power supply cord into the cord clip on back of the BBQ/Grill rest and into cord clip on back of Condiments tray. Slide the fat tray under the BBQ/Grill assembly.

6. Place drip tray into base. For easy cleaning line the drip tray with aluminium foil. This will collect the fats and juices.



OPERATION

NOTE

For better non-stick performance, 'season' the cooking surface of the hotplate by applying a thin coat of cooking oil and rubbing in with paper towelling before each use.



WARNING

Charcoal or similar combustible fuels must not be used with this appliance.

Note: Do not place any objects such as saucepans or plates on the hotplate.

Using your BBQ

Always position and assemble the electric BBQ/Grill before connecting to the power supply.

WARNING: Do not place the grill on or near a stove, or in heated oven. Be careful when handling the thermostat control switch. When impacted or dropped onto hard surfaces, the control switch may damage and cause temperature control while cooking to be improper. Discontinue use of the thermostat control switch if it is damaged in any way.

1. Position on a flat, level, stable surface. Ensure there are no flammable materials or liquids within 1 meter of the electric BBQ/Grill. If using on surfaces which may damage the use of a insulate heat pad is recommended.
2. Confirm electric BBQ/Grill is fully assembled.
3. Push the thermostat control into the grill plate assembly.
4. Ensure thermostat is OFF.
5. Connect to suitable power supply, 240V AC 50Hz.
6. When the thermostat is set to desired temperature, the indicator light will turn on for preheating. When the indicator light shuts off, the grill is preheated to the desired temperature and is ready for use. NOTE: During the cooking process, the indicator light may cycle on and off to maintain the desired temperature.
7. To protect the non-stick cooking surface, make sure to always use wooden or heat-resistant plastic utensils. NOTE: Do not use a knife to cut foods directly on the grill as this may damage the surface.
8. When roasting foods, the slide back high dome lid can be placed over the grill. The loose fit allows steam to escape during cooking.

CAUTION:

Make sure to always use the cool-touch handle on the lid when removing it. When the cooking cycle is complete, turn the thermostat to the "OFF" position and unplug the power cord from the wall outlet. Remove foods and serve. Be aware when opening the lid hot steam may escape which may burn. When roasting for long periods, check the fat tray as this may overflow. Empty if necessary. Be careful when doing this as the fat tray will be very hot and may burn.

CAUTION:

Always allow the grill to cool completely before cleaning or removing any parts.

NOTE

The thermostat light on the control probe indicates the BBQ is heating. This light will remain ON until the set temperature has been reached and then will cycle ON and OFF throughout cooking. This will ensure that the BBQ always maintains the selected temperature. The preheat time will depend on the heat setting selected.

Always position and assemble the electric BBQ/Grill before connecting to the power supply.

Position on a flat, level, stable surface. Ensure there are no flammable materials or liquids within 1 meter of the electric BBQ/Grill.

TABLE TOP USE

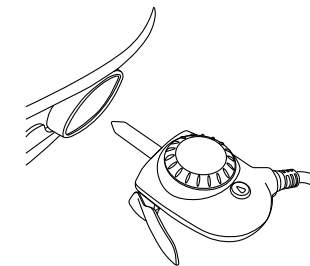
The BBQ comes with integrated feet to allow it to be removed from the stand for use on a tabletop.

The table must be flat and level and made of a suitable material to withstand the heat generated by the BBQ during operation for a period of time. The tabletop surface can reach around 60°C during operation.

It is not recommended to use while sitting on top of other appliances such as a portable refrigerator. If in doubt, it is best to use an insulating heat pad on the surface under the BBQ.

Heat Control Probe

The probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.



The settings on the dial represent the following temperatures approximately. Pre-heat your BBQ on 10 setting then change to your desired setting.

DIAL SETTING	CELSIUS (approx)	USES	TEMPERATURE
1	65°C - 95°C	Keeping food warm	LOW
2	95°C - 125°C	Simmering	
4	135°C - 165°C	Frying	MEDIUM
6 - 8	165°C - 195°C	Roasting	
10	205°C - 235°C	Searing and sealing	HIGH

NOTE

The temperature settings are a guide only and may require adjustment to suit various foods and individual tastes. When the dial is set to setting 1, it is quite normal for food to stop and start bubbling, as the thermostat maintains the selected temperature.

BBQ COOKING

BBQ cooking allows you to roast meats and vegetables efficiently, while sealing in the flavoursome juices.

The result is oven style, tender meat, with wholesome crisp vegetables.

For a perfect result every time, read the BBQ Basics section below.

BBQ Basics

- For optimum results, the BBQ should always be preheated for 10 minutes with the lid on.
- Avoid removing the lid continually during the cooking time. The heat loss will only lengthen the cooking time.
- All meats should be fully thawed or at room temperature before cooking.
- Baste the meat during the last ½ hour of cooking. Excess basting will cause the meat to burn or darken if left on throughout the entire cooking time.
- Meats such as beef, pork, chicken and poultry require approximately 1½ - 2 hours to cook, depending on the weight and size.
- After initially browning meat on the grill plate, cook on a roasting rack. This prevents excess browning on one side and eliminates turning the meat over.

NOTE

Caution should be taken when using a metal rack on the grill plate. Ensure there are no sharp edges that could scratch the non-stick coating.

- Avoid overcooking meats. The longer the cooking time, the less tender the meat will be.
- Use a meat thermometer to take the guesswork out of the BBQ cooking. The guides on the thermometer will indicate the temperature of the food. The temperature guide on the thermometer will tell you when the meat is cooked to your desired choice. For an accurate reading, always insert the thermometer into the thickest part of the meat.
- Rest meat, covered, for about 10 minutes before carving. This allows the juices to settle.



HOT SURFACES DO NOT TOUCH

This symbol indicates, temperature of accessible surfaces may be high when the appliance is operating and for some time after use.

TIPS TO COOKING A GREAT STEAK

- Ensure that the BBQ has been preheated on setting 10 for 10 minutes or until the light on the control probe has switched off.
- Rub a small amount of oil onto both sides of the steak. Place steak onto the hot grill plate. The time taken to cook a steak will depend on the thickness of the steak. A thin steak will not take long at all.
- Only turn steaks once. Turning several times or pressing down with tongs will only dry the steak out.
- To cook a rare steak, cook for 2-3 minutes, depending on thickness, turn once and cook the other side for a further 2-3 minutes. The steak will be very soft to touch.
- To cook a medium steak, cook for 4-6 minutes. The juices on the top of the steak will start to pool. Turn steak over and cook for a further 4-6 minutes. The steak will be tender to touch but not too soft.
- To cook a well done steak, cook for 7-9 minutes, the juices will pool on the top of the steak and the colour of the steak will change up the sides of the steak the entire way. Turn steak over once and cook until the steak feel quite firm to touch.
- Remove steaks from BBQ and rest, covered, for a few minutes before serving.

TIPS TO COOKING GREAT FISH FILLETS

- Ensure that the BBQ has been preheated on setting 10 for 10 minutes or until the light on the control probe has switched off.
- Lightly coat the fillets in a little oil and season with salt and pepper, if desired.
- The time taken to cook a fish fillet will depend greatly on the thickness of the fillet.
- Most fish fillets are cooked until they are just cooked through. Although fish such as tuna or salmon can be cooked so that it is still medium to rare on the inside.
- Place fillets onto the hot grill. Do not attempt to move the fillets for at least a few minutes; this will only break up the fillet. Once the fish has formed a crust on the bottom and the colour of the fillets has started to change on the sides you can turn it over.
- Using a non-stick spatula, carefully turn the fish over. Only turn once. Cook the fish until it is just cooked through, the fish will still cook slightly once removed from the grill.
- A good way to tell if your fish is cooked through is to place a small, thin knife into the thickest part of the fish. If the knife feels warm to touch then the fish is cooked. If it is cool then cook for a little longer. The colour of the fillet will have turned from being transparent to an opaque colour.

CARE AND CLEANING

Always turn the power off and remove the plug from the power outlet and the probe from the probe inlet, after use and before cleaning. Allow the BBQ to cool before cleaning.

Control probe

If cleaning is necessary, wipe over with a damp cloth.

Note: Before inserting the control probe into the probe inlet, ensure the interior of the inlet is completely dry. To do this wipe interior of probe inlet with a dry cloth or shake out excess water vigorously.

Important: Do not immerse the control probe in water or any other liquid.

Do not knock or drop the probe as this can damage the probe. If damage is suspected, return the control probe to your nearest Service Agent or the Maker for inspection. Refer to the Customer Service contact information at the end of this booklet.

Hotplate and drip tray

The element in the hotplate is cast in, so it is safe to fully immerse in water. Wash the hotplate and drip tray in warm soapy water using a mild household detergent and a soft washing sponge.

A bottle brush may be used to clean the drainage holes in the ribbed hotplate.

The hotplate and drip tray are also dishwasher safe.

Note: Do not use abrasives or metal scourers as they will scratch the non-stick cooking surface. Dry the hot plate and drip tray thoroughly before storing.

Moulded base and lid

The base and lid can be wiped over with a damp cloth or washed in warm soapy water using a mild household detergent and a soft washing sponge. Do not use abrasives or metal scourers as they may scratch these parts.

Note: Do not place the moulded base or lid in a dishwasher.

Stand

The stand can be wiped over with a damp cloth.

Note: Do not place any part of the stand in a dishwasher.

Storage

Always dry and assemble the BBQ before storing. Ensure the drip tray and hotplate are correctly positioned.

For outdoor storage of your BBQ, remove the control probe and store in a safe, dry place.

GUIDE TO MEAT AND POULTRY COOKING TIMES AND TEMPERATURES

NOTE

All times stated in recipes and on the chart below are approximate. Cooking times will vary depending on the cut, size and weight of the meat.

All times are in hours and minutes unless otherwise specified.

MEAT & POULTRY TYPE	1.5KG	2KG	2.5KG
Beef (rare)	1hr 10min	1hr 30min	1hr 50min
Beef (medium)	1hr 20min	1hr 40min	2hrs
Beef (well done)	1hr 30min	1hr 50min	2hrs 10min
Lamb (medium)	1hr	1hr 20min	1hr 40min
Lamb (well done)	1hr 20min	1hr 30min	1hr 50min
Pork	1hr 30min	1hr 45min	2hrs
Ham		Approx. 20min/kg	
Turkey		Approx. 25 min/kg	

CHICKEN SIZE	WEIGHT/KG	COOKING TIME
Number 10	1.0	50min
Number 15	1.5	1hr 20min
Number 20	2.0	1hr 50min

Cooking chart for meat temperature

The correct internal temperature of the meat will determine when it is cooked. Meat thermometers are available from supermarkets or department stores.

Use the guide displayed on the meat thermometer to determine when the meat is cooked. We have listed a guideline of temperatures below.

All times are in hours and minutes unless otherwise specified.

TYPE	INTERNAL TEMPERATURE °C	INTERNAL TEMPERATURE °F
Beef, Lamb (rare)	60°C	140°F
Beef, Lamb (medium)	65-70°C	150-160°F
Beef, Lamb (well done)	75°C	170°F
Pork	70-75°C	160-170°F
Ham	71°C	160°F
Turkey	75°C	170°F
Chicken	min 75°C	170°F
Hamburgers	75°C	170°F
Sausages	75°C	170°F

RECIPES

Barbecue Chilli Lime Prawns (Serves 4)

1 kg green prawns
1 teaspoon palm sugar **2 tablespoons peanut oil**
¼ cup lime juice

2 red chillies, seeded and finely chopped

1 tablespoon sweet chilli sauce

2 tablespoons chopped fresh coriander

1. Pre-heat the BBQ on setting 10.
2. Shell and de-vein prawns leaving tails intact. Combine prawns and remaining ingredients in a bowl and refrigerate for 1 hour.
3. Cook prawns for about 3 minutes on each side or until just cooked through.
4. Serve with steamed jasmine rice.

Baby Octopus (Serves 4)

1kg cleaned baby octopus **2 cloves garlic, crushed**

¼ cup olive oil

⅓ cup balsamic vinegar

½ cup basil leaves, shredded **2 tablespoons brown sugar**

Sea salt and freshly ground black pepper

1. Cut octopus in half if they are slightly large. Ensure that the beaks have been removed from the centre.
2. Place octopus in a large bowl and cover with boiling water. Allow to stand for 2 minutes then drain well.
3. Place octopus in a clean bowl with remaining ingredients; refrigerate overnight.
4. Preheat the BBQ on setting 10. Drain octopus then place on hot grill. Cook for about 5 minutes or until they have changed to a golden colour.

Soya Sauce Chicken Wings (Serves 4)

1½ kg chicken wings

⅓ cup honey

½ cup low salt soy sauce

2 teaspoons Chinese cooking wine (optional) **2 cloves garlic, crushed**

3 teaspoons grated fresh ginger

1. Cut wings at joints and discard tips.
2. Combine remaining ingredients and chicken in a baking dish and marinate for at least 2 hours.
3. Preheat the BBQ on setting 10 for 10 minutes. Remove wings from marinade; reserve liquid.
4. Cook wings, on both sides, brushing with reserved marinade. Turn wings often. Cook for about 15 minutes or until browned and cooked through.
5. Serve with rice.

Souvlaki Lamb Skewers (Makes about 22 skewers)

1 kg diced lamb (2 cm pieces) **2 cloves garlic, crushed**

1 tablespoon chopped fresh oregano **2 tablespoons lemon juice**

¼ cup olive oil

1 yellow capsicum

1 red capsicum **1 large red onion**

22-24 small bamboo skewers

1. Combine lamb, garlic, oregano, lemon juice and olive oil, mix until combined.
2. Place lamb in marinade. Refrigerate for several hours or overnight.
3. Cut capsicum and onions into pieces slightly smaller than the lamb. Skewer about 3 pieces each of meat and vegetables onto the bamboo skewers.
4. Preheat the BBQ on setting 10 for 10 minutes.
5. Cook skewers, turning until browned on all sides and cooked as desired.

Beef Skewers with Satay Dipping Sauce (Makes approx 24 skewers)

1 kg rump steak

2 tablespoons soy sauce

1 teaspoon sesame oil

1 clove garlic, crushed

1 tablespoon grated fresh ginger **24 small wooden skewers**

Satay Sauce:

1 cup crunchy light peanut butter

½ cup water

1 tablespoon soy sauce

1 tablespoon lemon juice

1 tablespoon sweet chilli sauce (no seed variety)

1 clove garlic, crushed **1 teaspoon palm sugar**

1. Trim fat from steak and cut into 2 cm cubes. Combine steak with soy, sesame oil, garlic and ginger in a large bowl. Refrigerate for several hours or overnight.
2. To make satay sauce, combine all ingredients in a small saucepan. Cook, over a low heat until the ingredients come together and thicken slightly.

Tip: If making sauce in advance and then reheating, you may need to add a little water to thin the mixture down.

3. Preheat the BBQ on setting 10 for 10 minutes. Thread meat onto skewers.
4. Cook skewers on grill plate until browned all over and just cooked through. Brush with a small amount of the peanut sauce before serving if desired or leave plain and serve sauce as a dipping sauce.

Spicy Middle Eastern Chicken Skewers (Serves 4)

750g thigh fillets

1 tablespoon lemon juice

1 tablespoon Moroccan seasoning spice mix **1 clove garlic, crushed**

2 tablespoons olive oil **12 small wooden skewers**

1. Trim fat from thigh fillets and cut into bite size pieces.
2. Combine remaining ingredients in a large bowl. Refrigerate for several hours or overnight.
3. Pre heat the BBQ on setting 10 for 10 minutes.
4. Thread chicken onto skewers. Cook skewers on grill plate, turning until chicken is browned and cooked through.

Serving suggestion: Serve chicken with a cucumber mint dipping sauce.

Steamed Salmon Parcels (Serves 4)

4 x 180g Atlantic salmon fillets

1 stalk lemon grass, white only, chopped finely

4 eschallots, sliced thinly

⅓ cup coriander leaves

1 large red chilli, seeded and sliced **2 cloves garlic, crushed**

2 teaspoons grated fresh ginger

½ cup coconut milk **Sea salt**

Freshly ground black pepper **1 tablespoon peanut oil**

4-6 baby bok choy, quartered **Steamed jasmine rice, to serve**

1. Preheat the BBQ on setting 10 with the lid on for 10 minutes.
2. Combine the lemon grass, eschallots, coriander, chilli, garlic, ginger, coconut milk, salt and pepper in a bowl and mix well.
3. Place each piece of salmon on four individual pieces of aluminium foil. Divide the coconut mixture evenly over the tops of the salmon. Fold each piece of foil up to make 4 sealed parcels.
4. Place parcels on the BBQ with the lid on for about 12-15 minutes or until cooked as desired. Remove from heat.
5. Heat oil on flat side of the BBQ and quickly cook bok choy until just wilted; season with salt and pepper.
6. Serve salmon with bok choy and steamed jasmine rice.

RECIPES

Grilled Fish with Garlic and Lemon (Serves 4)

4 fillets (800g) white fish fillets of choice

¼ cup olive oil

2 cloves garlic, crushed

¼ cup lemon juice 2 eschallots, minced

¼ cup shredded fresh basil leaves Sea salt

Freshly ground black pepper Salad, to serve
Lemon wedges, to serve

1. Place fish in a shallow dish. In a small bowl combine the oil, garlic, lemon juice, eschallots, basil, salt and pepper and mix well.
2. Pour marinade over fish and allow to sit at room temperature for 15 minutes or in the refrigerator for no more than 1 hour.
3. Heat the BBQ on setting 10. Cook fish for 3-5 minutes on both sides until just cooked through.

Note: Cooking time will vary depending on the thickness of each fillet.

4. Serve fish with salad and lemon wedges

Grilled Chicken Breast with Salsa Verde (Serves 6)

1-2 tablespoons olive oil

6 chicken breast fillets

Salsa Verde:

1 cup flat leaf parsley

½ cup dill

½ cup mint leaves 2 cloves garlic

1 tablespoon small capers

1 tablespoon grated lemon rind

Sea salt and freshly ground black pepper

¾ cup extra virgin olive oil

1. Preheat the BBQ on setting 10 for 10 minutes.
2. Rub oil onto chicken breast fillets. Cook chicken, uncovered, until browned on both sides and cooked through. Remove from heat and serve with Salsa Verde
3. To make the Salsa Verde, blend or process all ingredients until a chunky sauce texture is achieved.

Tip: Salsa Verde also goes very well with pan fried fish fillets.

Beef Fajitas (Serves 4)

600g skirt steak

½ cup orange juice

½ cup pineapple juice

½ cup soy sauce

1 red capsicum, sliced

1 yellow capsicum, sliced 1 red onion, sliced

½ iceberg lettuce, shredded 1 cup grated cheese

½ cup sour cream

1 cup salsa

1 avocado, chopped

8-12 flour tortillas, warmed

1. Trim any fat from beef. Place beef in a deep dish and pour over the combined juices and soy sauce. Marinate in refrigerator for at least 2 hours.
2. Pre-heat the BBQ on setting 10. Remove beef from marinade; reserve liquid. Cook beef for about 5 minutes each side or until cooked as desired. Remove from grill and cover with foil while the vegetables cook.
3. Place vegetables on hotplate and cook for 2-3 minutes. Pour over some of the reserved liquid over the vegetables and cook for a further 1 minute. Remove from
4. Slice beef across the grain into thick slices.
5. To serve fajitas, place a little of each of the beef, vegetables and remaining ingredients in the flour tortilla and roll up.

Smoky Pork Ribs (Serves 4)

3-4 racks pork ribs (small, flat racks work best)

400ml smoky barbecue sauce

1. Preheat the BBQ on setting 10 with the lid on. Place ribs, cut in half if necessary, into a deep aluminium baking tray. Place 1 ½ cups water into the base then cover with aluminium foil and seal well.
2. Place tray onto grill plate; cook, covered, for 1 hour.
3. Remove ribs from tray and place into a deep dish. Pour over barbecue sauce and ensure that the ribs are well covered. Allow to cool long enough for the steam to subside then cover and refrigerate for 4 hours or overnight.
4. Preheat the BBQ on setting 10 with the lid on. Place ribs on grill plate and cook, covered, brushed and turning every 5 minutes, until the ribs are heated through and are well browned.

Grilled swordfish (Serves 4)

4 pieces swordfish

2 cloves garlic, crushed

1/8 cup white vinegar

1/8 cup olive oil

¼ cup shredded basil leaves

Salad:

250g baby rocket

100g semi dried tomatoes 150g feta cheese

100g kalamata olives

1. Place swordfish in a large dish and pour over two thirds of the combined dressing ingredients. Cover and refrigerate for 1 hour.
2. Pre-heat the BBQ on setting 10.
3. Cook swordfish for about 3 minutes each side or until cooked as desired.
4. Serve swordfish over salad and drizzle with remaining dressing.

Marinated Lamb Roast (Serves 4)

1 tablespoon olive oil

1 tablespoon chopped fresh rosemary 2 cloves garlic, crushed

1 teaspoon grated lemon rind 2 tablespoons lemon juice

2 teaspoons Dijon mustard

¼ cup mango chutney

1kg boned and rolled shoulder of lamb

1. Combine oil, rosemary, garlic, rind, juice, mustard and chutney in a large zip lock bag or large dish. Place lamb in marinade; cover and refrigerate for 4 hours or overnight.
2. Preheat the BBQ on setting 10 with the lid on for 15 minutes.
3. Drain marinade from lamb; reserve marinade. Place lamb on a piece of aluminium foil that has been folded over 2-3 times. Cook lamb with the lid on, brushing the lamb occasionally with marinade, for about 1 hour or until just cooked through.
4. Stand lamb, covered, for 10 minutes before carving.

RECIPES

Roast Pork with Nutty Rice (Serves 4-5)

1.5 kg loin of pork

Olive oil

Sea salt

Freshly ground black pepper

Kitchen string

Filling:

20g butter, melted

1 small mushroom, chopped 1 eschallot, finely chopped pinch nutmeg

½ cup cooked brown rice 1 tablespoon pine nuts

1 egg yolk

1 tablespoon chopped fresh parsley

1. Pre the BBQ on setting 10 with the lid on for 10 minutes.
2. Combine all filling ingredients in a bowl and mix well.
3. Slice pork through the centre of the meat and then along the bone. Score the rind. Fold meat back and fill centre with the stuffing and tie tightly with the string.
4. Brush meat lightly with oil and season with salt and pepper.
5. Place pork onto grill plate, rind side up, cook, covered, for approximately 1 hour then turn pork over and cook for a further 30 minutes or until the rind has crackled and the pork is cooked as desired. Rest meat from 10 minutes before carving.

Tip: If the pork will not sit flat when crisping the rind use some aluminium foil on either side to keep in place.

Roast Chicken with Stuffing (Serves 4)

1.6 kg whole fresh chicken

Sea salt

Freshly ground black pepper

Stuffing:

1 onion, chopped finely

2 teaspoons olive oil

3 cups fresh bread crumbs 40g softened butter

1 teaspoon grated lemon rind

2 tablespoons chopped fresh sage

1. Wash and clean chicken thoroughly. Pat dry with paper towelling.
2. To make stuffing, cook onion in oil until softened. Add to remaining stuffing ingredients and mix well.
3. Place the stuffing inside the cavity of the chicken. Tuck the wings back and tie the base of the chicken with cooking string so that the legs are crossed and securely positioned.
4. Preheat the BBQ on setting 10 for 10 minutes with the lid on. Brush chicken with a little oil and salt and pepper.
5. Brown chicken all over then place chicken on a roasting rack and cook for 1½ hours or until cooked through.

Tip: If cooking roast vegetables, place in the BBQ halfway through cooking.

Grilled Mushrooms (Serves 6 as part of a meal)

6 large flat mushrooms

¼ cup olive oil

2 cloves garlic, chopped finely

2 tablespoons chopped fresh basil sea salt and freshly ground pepper

1. Pre-heat the BBQ on setting 10 with the lid on for 10 minutes.
2. Peel mushrooms and remove stems.
3. Place mushrooms onto the grill plate with the underside face up. Sprinkle with olive oil, garlic, basil and salt and pepper.
4. Cook mushrooms, covered for about 10-15 minutes or until cooked as desired.

Grilled Vegetable Salad with Halloumi (Serves 4)

1 red capsicum

1 yellow capsicum

2 zucchini

2 baby eggplant

200g Halloumi cheese, sliced 200g baby rocket

1 red onion, sliced

Red Wine Dressing:

1 tablespoon red wine vinegar

3 tablespoons extra virgin olive oil 1 teaspoon caster sugar

1 teaspoon Dijon mustard 1 teaspoon sea salt

1. Pre-heat the BBQ on setting 10.
2. Place whole capsicums onto the hotplate and cook, covered, turning every 5 minutes until the skin has blackened. Remove from hotplate and place into a plastic bag for 5-10 minutes. Once cool, remove skin from capsicum, discard seeds and membranes. Slice into thick slices.
3. Meanwhile slice the zucchini and eggplants into thin strips and cook on the hotplate on both sides until tender. Remove from heat and allow to cool.
4. Cook the halloumi on the hotplate for about 1 minute or until heated through.
5. Combine the dressing ingredients in a jar and shake well; pour over the grilled vegetables, baby rocket and red onion, toss to combine.
6. Divide salad onto 4 plates and top with halloumi cheese

Crunchy Corn Cobs in Husks (Serves 6)

6 corn cobs with husks on 125g butter, softened

2 bacon rashers, chopped finely

2 tablespoons chopped fresh basil

1. Preheat the BBQ on setting 10 for 10 minutes.
2. Carefully pull back husks from corn cobs but do not remove completely; discard silks.
3. Combine the butter, bacon and basil together. Using a knife or your fingers spread the butter mixture generously over the kernels. Pull husks back over corn.
4. Cook corn on grill plate, turning occasionally for about 10 minutes.
5. To serve, pull back husks and enjoy!

Potatoes with Sour Cream and Sweet Chilli Sauce (Serves 6 as part of a meal)

1kg baby new potatoes

1-2 tablespoons oil 2 teaspoons sea salt

freshly ground pepper

1/3 cup sweet chilli sauce

1. Cook potatoes in a pot of boiling water until just cooked; drain.
2. Preheat the BBQ on setting 10 for 10 minutes. Cut potatoes in half and toss in oil and salt. Place potatoes in a bowl and toss with the oil, salt and pepper.
3. Cook on grill plate, turning occasionally, for about 5-10 minutes or until crisp.
4. Serve with sweet chilli sauce and light sour cream.

Grilled Mango Cheeks with Sweet Lime Ricotta Cream (Serves 4-8)

4 large mangos

2 tablespoons caster sugar Ricotta Cream

300g fresh ricotta

2 tablespoons icing sugar, sifted

½ teaspoon vanilla essence 1 teaspoon grated lime zest 1 tablespoon lime juice

1. To make the ricotta cream, process the ricotta, icing sugar, vanilla, lime zest and juice in a food processor or mixer until smooth. Transfer mixture to a bowl, cover and refrigerate for 1 hour.
2. Preheat the BBQ on setting 10 for 10 minutes.
3. Cut 2 large cheeks (wide sides) from the mango. Cut into flesh of mango in a criss cross design, making sure that you don't cut through the skin.
4. Sprinkle the mango cheeks with the caster sugar and place on hot grill flesh side down, for about 5 minutes or until the sugar browns.
5. Remove mango cheeks from the BBQ. Carefully push mango from the skin side so that the flesh all separates. Serve mango cheeks topped with the lime ricotta cream. Serve immediately.

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