

Breville

Ikon™ Grill

Healthy living with fat free grilling

Instructions

Includes Recipes

BGR400



That's the idea™

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Congratulations

on the purchase of your new Breville Ikon™ Grill

Breville recommends safety first

We at Breville 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 for your Breville Ikon Grill

- Carefully read all instructions before operating and save for future reference.
- Remove any promotional stickers or labels before using the Ikon Grill for the first time.
- Do not place the Ikon Grill near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water, etc.
- Do not place the Ikon Grill on or near a hot gas or electric burner, or where it could touch a heated oven. Use the Ikon Grill well away from walls.
- Provide adequate space above and on all sides for air circulation around the Ikon Grill.
- Do not place the Ikon Grill on any surface that may be affected by heat. The use of a heat resistant mat is recommended on these surfaces.
- Always ensure the Ikon Grill is properly assembled before use.
- Do not touch hot surfaces. Use the handles to lift and open the top plate. Take care when using the Adjustable Grilling Height Control.
- Allow the grill to cool down before releasing the removable plates. Do not release the removable plates while the grill is being operated.
- Always switch off the grill at the power outlet before releasing the removable plates.
- Do not leave the Ikon grill unattended when in use.
- Do not place anything on top of the Ikon Grill when the lid is closed, when in use and when stored.
- Always switch the Ikon Grill off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the exterior housing and the non-stick cooking plates clean. Follow the cleaning instructions provided in this book.
- The appliance is not intended to be operated by means of an external timer or separate remote-control system.

Important safeguards for all electrical appliances

- Fully unwind the cord before use.
- To protect against electric shock, do not immerse cord, plug or appliance in water or any other liquid.
- Do not let the cord hang over the edge of a liquid 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.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug or appliance becomes damaged in any way. 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 anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- Do not use harsh abrasives, caustic cleaners or oven cleaners when cleaning this appliance.
- 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.



FULLY UNWIND THE CORD FROM THE CORD STORAGE FACILITY BEFORE USE.

Know your Breville Ikon Grill

Stylish stainless steel exterior

Floating hinged top plate

Power 'On' and 'Ready' lights

Heavy duty metal arms

2400 watt of power

Quantanium non-stick
scratch resistant surface

Unique fat reducing
angled grill plates

Removable drip tray

Extendable non-skid feet

Plate release buttons for easy removal

Plate Tilt control function

Variable temperature control

Cord storage

Adjustable Grilling Height Control



Additional interchangeable
flat plate



Operating your Breville Ikon Grill

Remove any promotional materials and packaging materials before use. Check that the cooking plates are clean and free of dust. If necessary, wipe over with a damp cloth.

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

To use as a grill

1. Insert the plug into a 230/240v power outlet and switch the power ON. The Red power 'On' light will illuminate.
2. Ensure the Removable drip tray is correctly inserted and positioned correctly into the appliance (see Fig 1).



3. Ensure the top and bottom grill plates are securely locked into position (Fig 2).

Fig 2



4. Ensure the top plate is in the closed position for more efficient pre-heating.
5. Turn the tilt control to the 'Angle' position, to ensure better fat drainage.
6. Turn the variable temperature control to 'Sear' for fast heat up.
7. Allow the Ikon Grill to preheat until the green 'Ready' light illuminates.
8. Place meat or foods to be cooked on the bottom cooking plate. Refer to Grilling recipes or guide for cooking times.

It is important that the Ikon grill plates are securely locked into position when using the grill.

Note



FULLY UNWIND THE CORD FROM THE CORD STORAGE FACILITY BEFORE USE.

Operating your Breville Ikon Grill continued

- Use the handle to close the top plate. The top plate has a floating hinge system that is designed to press down evenly on the food. The Grilling Height Control on the right hand side of the top plate is used to adjust for the thickness of the food. The top plate must be fully lowered to achieve grill marks onto the food.
- When the selected ingredients are grilled, use the handle to open the top lid. Remove the food using a plastic spatula.
- Allow the Ikon Grill to preheat until the green 'READY' light illuminates.
- During this time, prepare the sandwich and place it onto the base cooking plate. Always place sandwiches towards the rear of the bottom cooking plate.
- Close the top cooking plate which has a floating hinge that is designed to evenly press down on the sandwich. The top plate must be fully lowered to cook sandwiches. The Grilling Height Control on the right hand side of the top plate is used to adjust for the thickness of the sandwich.

To use as a sandwich press

- Insert the plug into a 230/240v power outlet and switch the power on. The red power 'On' light will illuminate.
- Ensure the Removable Drip Tray is correctly inserted and positioned back into the appliance.
- Ensure the top and bottom plates grill plates are securely locked into position.
- Ensure the top plate is in the closed position for more efficient preheating.
- Turn the Base Plate Tilt Dial to the Flat position.
- Turn the variable heat control dial to the 'Sandwich' position.
- Toasting should take approximately 5-8 minutes. Exact toasting time will be a matter of preference. It will also depend on the type of bread and filling used.
- When the sandwich is cooked, use the handle to open the top plate. Remove the sandwich using a plastic spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating of the cooking plates.

The green 'READY' light will cycle on and off during the toasting process indicating that the correct temperature is being maintained.

Note

Always allow the Ikon Grill to preheat until the green 'READY' light illuminates.

Note



ALWAYS ALLOW THE IKON GRILL PLATES TO COOL DOWN BEFORE RELEASING AND REMOVING.

Using the plate release feature

Your Ikon Grill features a plate “Release” button which allows you to separately remove the top and bottom grill plates. It also enables you to safely and conveniently wash your grill plates.

Releasing the grill plates

1. After cooking allow the Ikon Grill to cool down.
2. To remove the grill plates press the “Release” buttons located on the front on the top and bottom panel. The plates will unlock from the front where they can then be released individually (See Fig 3).
3. Once released hold the plates and remove (See Fig 4).



Using the adjustable grilling height control feature

Your Ikon Grill features an Adjustable Grilling Height Control feature which allows you to fix the top plate to a range of positions above the bottom plate.

This allows your Ikon Grill to be used as an open toaster ideal for toasting open sandwich style ‘melts’. It can also be used to grill delicate ingredients such as fish and hamburger buns without squashing.

1. Allow the Ikon Grill to preheat until the green ‘READY’ light illuminates.
2. Place the food to be grilled on the base plate.
3. Move the Adjustable Grill Control Slide on the right hand side of the smart Ikon Grill to the desired height (see Fig 5).



4. Slowly lower the top plate until it rests in the appropriate position above the food.



ALWAYS ALLOW THE IKON GRILL PLATES TO COOL DOWN BEFORE RELEASING AND REMOVING.

FULLY UNWIND THE CORD FROM THE CORD STORAGE FACILITY BEFORE USE.

Operating your Breville Ikon Grill continued

- The top plate will radiate the desired heat to melt ingredients such as cheese or lightly grill foods.

The Adjustable Grill Height Control can be moved to accommodate thick or thin foods by sliding the clip forwards or backwards along the arm..

Note

- Toasting should take approximately 3-4 minutes. However exact Grilling time will be a matter of preference. It will also depend on the height of the top plate.

Variable temperature control dial

The Breville Ikon Grill features a Variable Temperature Control dial which allows a variety of foods to be cooked. Just select a temperature suited to the foods which are being cooked.

With the dial set on Steak Sear (see Fig 6) the temperature is correctly suited to grill meats or other foods.



With the dial set on Sandwich (see Fig 7) the temperature is correctly suited to toasting sandwiches.



FULLY UNWIND THE CORD FROM THE CORD STORAGE BEFORE USE.

Hints for best results for grilling

Meat

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

Recommended Cuts

Beef	Sirloin (New York), Rump, Rib Eye (Scotch Fillet), Fillet,
Lamb	Trim Lamb Leg Steaks, Fillet, Eye of Loin, Cutlets and Diced Lamb.
Pork	Butterfly loin Steaks, Spare Ribs, Leg Steaks, Fillets, Diced Pork.

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

Grilling Guide

Contact Grilling is a healthy and efficient way to cook. The cooking times are approximate due to variances in ingredient thickness.

It is not recommended to cook items with thick bones such as T-bone steaks.

These times relate to when the grill is in the closed and on the contact position.

Note

Ingredient and Type	Cooking Times
Beef <ul style="list-style-type: none"> • sirloin steak • minute steak • hamburger patties 	3 minutes for medium rare 5-6 minutes for well done 1-2 minutes 4-6 minutes
Pork <ul style="list-style-type: none"> • Scotch fillet • loin steaks • fillet 	4-6 minutes
Lamb <ul style="list-style-type: none"> • loin • cutlets • leg steaks 	3 minutes 4 minutes 4 minutes
Chicken <ul style="list-style-type: none"> • breast fillets • thigh fillets 	6 minutes or until cooked through 4-5 minutes or until cooked through
Sausages <ul style="list-style-type: none"> • thin • thick 	3-4 minutes 6-7 minutes
Sandwich or Focaccia	3-5 minutes or until golden brown
Vegetables sliced 1 cm thick <ul style="list-style-type: none"> • eggplant • zucchini • sweet potato 	3-5 minutes
Seafood <ul style="list-style-type: none"> • fish fillets • fish cutlets • octopus (cleaned) • prawns • scallops 	2-4 minutes 3-5 minutes 3 minutes 2 minutes 1 minute

Care, cleaning and storage

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

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

Wipe cooking plates with a soft cloth to remove food residue. For baked on food residue follow “using the plate release feature” page 9, remove the grill plates from the grill for cleaning. Wash in hot soapy water. Remove stubborn residue with a non abrasive plastic scouring pad or nylon washing brush. Rinse and dry thoroughly with a clean, soft cloth and replace.

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

Note

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

Note

Cleaning the drip tray

Remove and empty the Drip Tray after each use and wash the tray in warm, soapy water. Avoid the use of scouring pads or harsh detergents as they may damage the surface.

Rinse and dry thoroughly with a clean, soft cloth and replace.

Quantanium scratch resistant coating

Your Ikon Grill features a special scratch resistant non-stick coating that makes it safe to use metal utensils when cooking.

Regardless of this fact, Breville recommends that care is taken with the non-stick coating particularly when using metal utensils.

Do not use sharp objects or cut food inside the Ikon Grill. Breville will not be liable for damage to the non-stick coating where metal utensils have been misused.

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

Any discolouration that may occur will only detract from the appearance of the Ikon Grill and will not affect the cooking performance.

When cleaning the non-stick coating, do not use metal (or other abrasive) scourers. Wash in hot soapy water. Remove stubborn residue with a non abrasive plastic scouring pad or nylon washing brush.

The logo for Quantanium, featuring the word "Quantanium" in a stylized, metallic, 3D font with a blue glow effect.

DO NOT IMMERSE ANY PART OF THE BREVILLE IKON GRILL IN WATER OR ANY OTHER LIQUID.

Storage

To store your Ikon Grill:

1. Switch off at power outlet and unplug from the wall.
2. Allow the Ikon Grill to fully cool.
3. Slide the Adjustable Grill Height Control Slide towards the front handle to the LOCK position so that the top and bottom cooking plates are locked together.
4. Click the removable drip tray into place.
5. Wrap the cord in the cord storage area below the appliance.



6. Store on a flat, dry, level surface.

Recipes

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Recipes

Grill recipes

Aussie burger



- 500g minced beef**
- 1 cup fresh bread crumbs**
- 1 small onion, peeled and finely chopped**
- 1 teaspoon commercially prepared crushed garlic**
- 1 tablespoon dried parsley flakes**
- 1 egg, lightly beaten**

To cook and serve;

- 6 bacon rashers
- 6 hamburger buns or full grain rolls
- 1 250g tin beetroot slices, drained
- 2 vine ripened tomatoes, thinly sliced
- tomato sauce
- 6 cheddar cheese slices
- ¼ iceberg lettuce heart, shredded

Preheat Ikon Grill until the green 'Ready' light illuminates.

1. Combine all ingredients in a large mixing bowl and mix thoroughly. Form mince into 4 patties. Set aside.
2. Place patties on grill and allow the top plate to rest on the patties. Adjust the Grilling Height Control to the thickness of the pattie. Cook for 4-5 minutes.
3. Place bacon on grill. Lightly spread buns with butter or margarine.
4. Place a pattie on each bun and top with bacon, beetroot, tomato, tomato sauce and cheese. Add lettuce to burgers and place reserved roll halves on top.

Serve immediately.

Teriyaki chicken fillets



- 4 half chicken breast fillets**
- 1 tablespoon mirin**
- 2 tablespoons soy sauce**
- 2 teaspoons caster sugar**
- 2 teaspoons cooking sake**

To serve;

- Lemon wedges
- Steamed rice
- Salad of green leaves

Preheat Ikon Grill until the green 'Ready' light illuminates.

1. Combine mirin, soy sauce and sake. Place chicken in a stainless steel baking dish and pour prepared marinade over. Allow to stand for 30 minutes before cooking.
2. Place chicken on grill and allow top plate to gently rest on chicken.
3. Cook for 4-5 minutes until chicken is cooked through.
4. Remove and allow to rest for 5 minutes before serving on a bed of steamed rice. Garnish with lemon wedges and accompany with a salad of green leaves.

Oregano lamb kebabs



500g boneless lean lamb, cut into 3 cm cubes
1 tablespoon olive oil
1 tablespoon lemon juice
1 tablespoon dried oregano leaves
1 teaspoon commercial prepared minced garlic
freshly ground black pepper

Preheat Ikon Grill until the green 'Ready' light illuminates.

1. Combine oil with lemon juice and garlic in a large mixing bowl. Add lamb and allow to marinate for 30 minutes before threading onto 4 kebab skewers.
2. Season each kebab generously with pepper and place on grill.
3. Allow the top plate to rest lightly on lamb. Cook for 4-5 minutes.
4. Serve with crusty bread and a Greek salad of salad leaves, black olives and crumbled feta cheese.

Baby Octopus with chilli and garlic



750g baby octopus, cleaned
2 tablespoons olive oil
1 tablespoon Thai style sweet chilli sauce
juice and zest of 1 lime
1 teaspoon commercially prepared minced garlic

To garnish;

Lime wedges

Coriander sprigs

To serve;

Lightly steamed vermicelli noodles

Preheat Ikon Grill until the green 'Ready' light illuminates.

1. In a large mixing bowl combine octopus with oil, chilli sauce, lime zest, juice and garlic. Toss well to combine and season with pepper.
2. Place octopus on pre-heated grill and lower press. Allow to cook for 3 minutes.
3. Remove from grill and serve in a bowl on a bed of vermicelli noodles, garnish with lime and coriander.

Grill recipes

Marinated New York cut steak



- 4 New York cut steaks – cut 3cm thick**
- 1 cup red wine**
- 2 tablespoons olive oil**
- 1 tablespoon Dijon style mustard**
- 1 teaspoon commercially prepared minced garlic**

Preheat Ikon Grill until the green 'Ready' light illuminates.

1. Combine wine, oil, mustard and garlic in a screw top jar and shake well. Place steaks in a shallow dish, not plastic or aluminium, and pour over marinade.
 2. Allow to marinate at room temperature for 30 minutes to 1 hour.
 3. Remove steaks from marinade and place on grill. Cook for 3 minutes for medium rare.
- Serve with creamy mashed potato and a crisp salad.

Atlantic salmon steak with tarragon and pepper crust



- 4 Atlantic salmon steaks**
– weighing approx 180g each
- 2 tablespoons olive oil**
- 2 tablespoons dried tarragon leaves**
- freshly ground black pepper**

To garnish;

Lime or lemon wedges

To serve;

Shoe string fries or steamed baby potatoes

Preheat Ikon Grill until the green 'Ready' light illuminates.

1. Combine oil with tarragon and a generous and coarse grinding of black pepper.
2. Brush salmon on both sides with mixture and place on grill.
3. The grilling height control to be adjusted too just touch the top of the fish steak.
4. Allow to cook for 2 minutes for fish to be golden on the outside and 'rosy' pink on the inside. Cook a little longer if you prefer your fish more cooked.
5. Remove from grill and serve immediately.

Breville

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