Hisense

Grilling simplified. Taste optimized.

Enjoy new recipes with
Hisense Contact Grill
HCG2100S



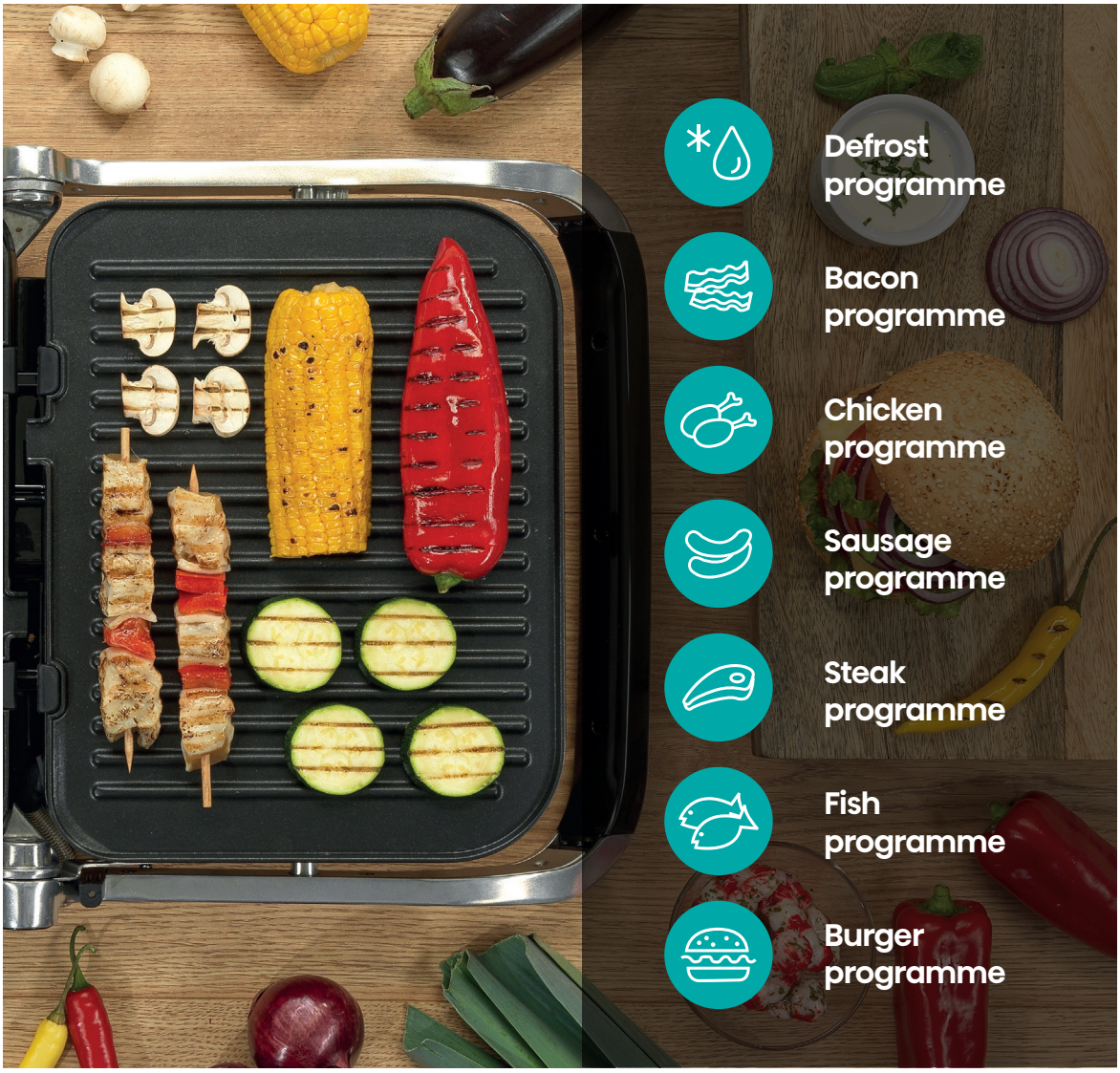
Coolinary Guide



Perfect grill feast every time.

Explore the amazing world of grilling with your Hisense Contact Grill and tasty ideas.

As you are reading this recipe book, you are just one step away from turning this ordinary day into a grilling feast. Your new contact grill is equipped with all the necessary grilling skills so you don't have to worry about a thing. With non-stick plates, sensors, automatic programmes and adaptations you can expect always perfect results.





Now, let's have some culinary fun!

I have never grilled before ...

There are 7 pre-set programmes with automatic adjustment of the temperature and time.





Can I burn my meat?

Auto-Cook automatically adjusts the timing of grilling according to the thickness of the food.

Must I open the bar to check the food while grilling?

The grill does it for you. The smart control panel will show you the progress with lights and sounds.





What if I forget to turn off the grill?

Once the food is done, the grill automatically shuts off after giving you 3 sound signals.

Do I have to oil the plates?

Non-stick plates use little to no oil to cook, therefore you can easily enjoy a healthier meal.





Maybe I need a bigger grill surface ...

No problem. Contact Grill allows you to grill with lid fully open, which simply enlarges your grilling area.

Can I use the grill for defrosting?

Pre-set defrosting programme automatically sets the optimum temperature to slowly soften the food.





Should I pay attention to grease dripping over the grill plate?

All the fat from food is collected in a special tray you can easily open and empty, as well as wash and dry quickly.



Bacon wrapped date salad

4

INGREDIENTS:

- 200 g brussel sprouts
- 200 g radicchio
- 150 g baby spinach
- 80 g radishes
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- salt and pepper
- 12 dates, depitted
- 12 slices of smoked bacon
- 100 g feta

METHOD:

1. Preheat the oven to 200° C.
2. Halve the brussel sprouts and mix them with 1 tbsp olive oil and ½ tsp salt.
3. Place them on a tray and roast them for 25 minutes.
4. In a large bowl mix together radicchio, baby spinach, brussel sprouts, olive oil and balsamic vinegar. Season with salt and pepper by taste.
5. Wrap one slice of smoked bacon around a date.
6. Turn on the grill and **select bacon programme**.
7. When the grill is hot and ready, place on the wrapped dates and close the lid.
8. Grill the dates for 30 seconds then place them on a plate.
9. Top the salad with grilled bacon wrapped dates.

FACT #1

Pre-set bacon grill program automatically adjusts optimum heat for perfect crunchy results.





Grilled brie stuffed burger

2

INGREDIENTS:

- 500 g ground beef
- 2 tsp onion powder
- 1 tsp garlic powder
- ¾ tsp salt
- ½ tsp ground black pepper
- 50 g sliced brie cheese
- 2 large burger buns
- 4 green lettuce leaves
- 4 tomato slices
- 1 small red onion
- 2 tsp dijon mustard

METHOD:

1. In a large bowl mix together ground beef, onion powder, garlic powder, salt and black pepper.
2. Divide the meat in half and shape 2 patties from each half.
3. Place half of the brie slices on one pattie. Cover it with another pattie and seal the edges. Patties should be 1,5–2 cm thick.
4. Turn on the grill and **select burger programme**.
5. When the grill is hot and ready, place on brie stuffed meat patties.
6. Close the lid and let it grill until the end of grilling programme.
7. Remove the meat patties from the grill and place them on a plate.
8. Spread 1 tsp dijon mustard over toasted buns, cover with fresh lettuce leaves, stuffed meat pattie, 2 slices of tomato, onion slices and top it with the other half of the bun.

FACT #2

No need to open the lid to check the meat. The smart control panel shows the progress with lights and sounds.





Grilled fish with baked potato salad

2

INGREDIENTS:

- 2 whole sea breams (400-500 g)
- 4 lemon slices
- 4 fennel slices
- salt
- pepper

METHOD FOR GRILLED FISH:

1. Remove the fish from the fridge 15-20 minutes before grilling.
2. Pat the fish dry with a paper towel.
3. With a sharp knife gently score the skin of the fish and generously season it inside and out with salt and pepper.
4. Fill each bream with 2 slices of lemon and 2 slices of fennel.
5. Turn on the grill and **select fish programme**.
6. When the grill is hot and ready, place on the fish.
7. Close the lid and let it grill until the end of grilling programme.
8. Remove the sea bream from the grill and place it on a serving plate.
9. Serve with baked potato salad.

INGREDIENTS FOR BAKED POTATO SALAD:

- 450 g young potatoes
- 1 small red onion
- 2 tbsp chopped fresh chives
- 2 tbsp olive oil
- 1 tsp lemon juice
- salt and pepper

METHOD FOR BAKED POTATO SALAD:

1. Preheat the oven to 200 °C and prepare a non-stick baking tray.
2. Scrub and halve the potatoes.
3. Transfer them on a baking tray. Drizzle over 1 tbsp olive oil and season them with salt and pepper. Mix well.
4. Bake the potatoes for 30 minutes, mix halfway through. Let them cool to room temperature before using.
5. In a large bowl mix together baked potatoes, thinly sliced red onion, chopped chives, 1 tbsp olive oil and 1 tsp lemon juice. Season by taste with salt and pepper.

FACT #3

To perfectly grill the fish, you do not need any or just a drop of oil thanks to non-stick grilling plates.





Grilled Satay chicken

4

INGREDIENTS:

- 6 chicken breast (150-180 / each)
- salt
- black pepper
- 170 ml canned coconut milk
- 90 g peanut butter
- 1 tbsp sugar
- 1 tbsp soy sauce
- 1 tbsp curry powder
- ¼ tsp cayenne pepper
- ¼ tsp salt
- 1 tbsp lime juice

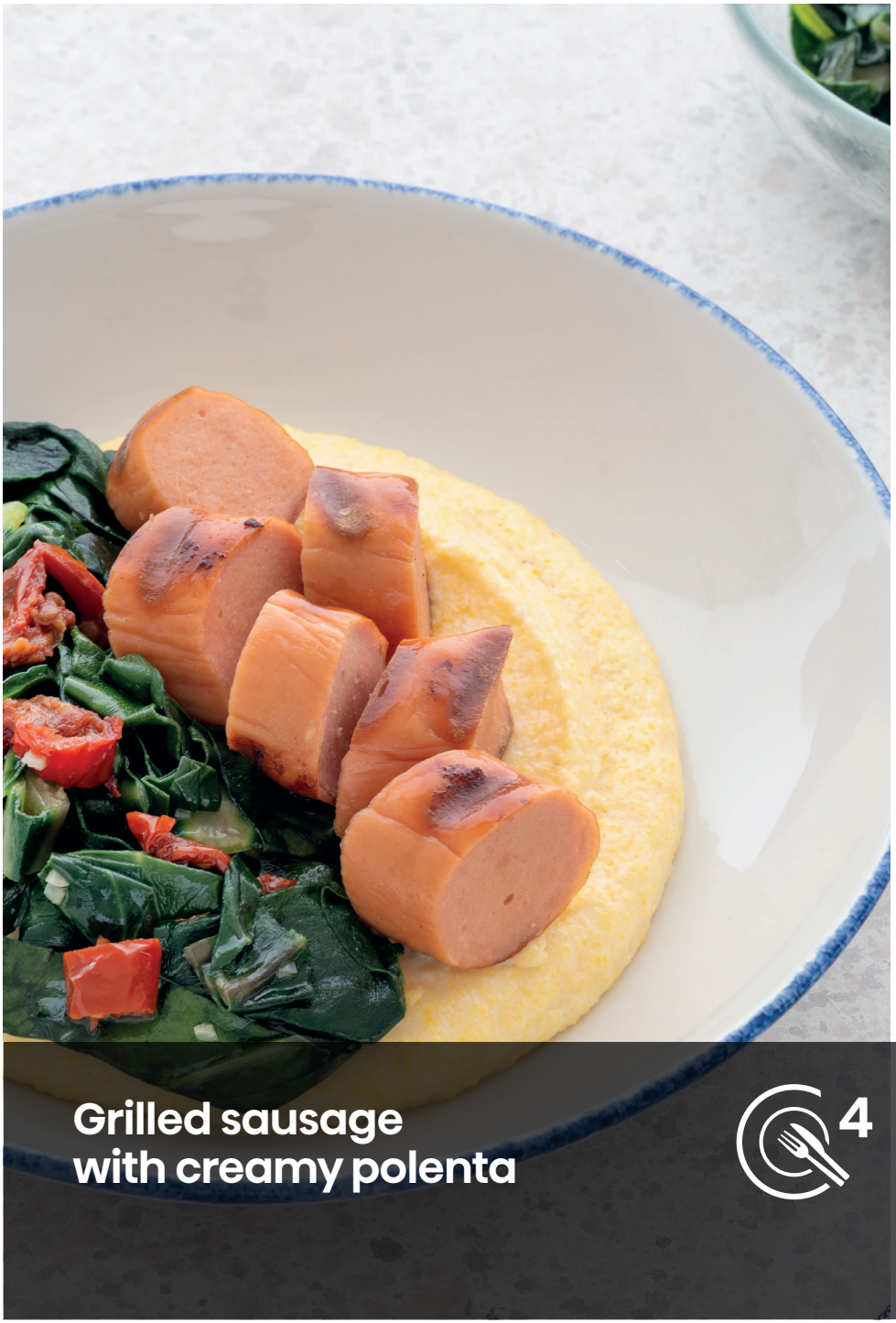
METHOD:

1. In a saucepan pour coconut milk, add peanut butter, sugar, soy sauce, curry powder, cayenne pepper, salt and lime juice. Mix until smooth.
2. Bring to a boil then set aside for later.
3. Remove the chicken filets from the fridge 30 minutes before grilling.
4. Pat them dry with a paper towel.
5. Brush them with olive oil and season them with salt and pepper.
6. Turn on the grill and **select chicken programme**.
7. When the grill is hot and ready, place on the chicken filets.
8. Close the lid and grill the chicken until the end of grilling programme.
9. Transfer the chicken to a serving plate and let it rest for 5 minutes.
10. Serve chicken filets with satay sauce along with salad or cooked rice.

FACT #4

The grill smartly estimates the meat thickness in just 5 s and sets the perfect grilling time to ensure even cooked meat.





Grilled sausage with creamy polenta

4

INGREDIENTS:

- 130 g instant polenta
- 250 ml vegetable stock
- 250 ml milk
- 70 ml cooking cream
- 50 g parmesan cheese
- ½ tsp ground pepper
- 1 ½ tbsp olive oil
- 2 garlic cloves
- 50 g sundried tomatoes, chopped
- 500 g swiss chard, stems removed
- Salt and pepper
- 2 pork sausages

METHOD:

1. In a saucepan pour vegetable stock and milk.
2. Bring to a boil then remove from the heat and mix in polenta.
3. Cook at medium heat until it starts to thicken.
4. Stir in cooking cream and grated parmesan cheese.
5. Cook for 1 more minute then remove from heat.
6. Heat 1 tbsp olive oil in a large pan.
7. Add chopped garlic and chopped sundried tomatoes. Saute for 30 seconds.
8. Stir in chopped chard and cover the pan. Cook for 2-3 minutes, until chard is wilted.
9. Turn on the grill and **select sausage programme**.
10. When the grill is hot and ready, place on the sausages.
11. Close the lid and let them grill until the end of cooking programme.
12. Transfer grilled sausages to a serving plate and serve them with creamy polenta and garlicky swiss chard.

FACT #5

Grill plates are designed for the fat to slide down easily, collecting in a special tray you easily open, empty and wash.





Grilled steak with chimichurri sauce

2

INGREDIENTS FOR THE STEAK:

- 500 g rib eye steak
- olive oil
- salt and pepper

INGREDIENTS FOR CHIMICHURRI SAUCE:

- 3 garlic cloves
- 20 g fresh parsley
- 1 red chili
- 1 tsp salt
- 1 tsp dried oregano
- 90 ml olive oil
- 2 tbsp red vinegar

METHOD:

1. In a small bowl add grated garlic cloves, finely chopped parsley and a chopped red chilli.
2. Season with dried oregano, salt, red vinegar and olive oil.
3. Mix and set aside for later.
4. Remove the steak from the fridge 30-60 minutes before grilling.
5. Brush the steak with olive oil and season it with salt and pepper.
6. Turn on the grill and **select steak programme**.
7. When the grill is hot and ready, place on the steak.
8. Close the lid and grill the meat until it is cooked to your liking.
9. When it reaches the desired doneness remove it from the grill and place on a plate.
10. Loosely cover it with a foil and let it rest for 10 minutes.
11. Thinly slice the steak across the grains and spoon over chimichurri sauce.

FACT #6

To enjoy the stake as you like it, just select "rare", "medium" or "well done" and the grill does it all.





Grilled vegetable panini

2

INGREDIENTS:

- 1 zucchini
- ½ eggplant
- 1 yellow pepper
- olive oil
- salt
- pepper
- 2 onion ciabattas
- 2 tbsp basil pesto
- 30 g sundried tomatoes
- 60 g mozzarella cheese

METHOD:

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1. Slice the zucchini and half of an eggplant into 5 mm thick slices. Slice them lengthwise.
2. Halve and deseed 1 yellow pepper.
3. Brush sliced vegetables with olive oil.
4. Press the button on the right side of the grill and open the upper grill plate so that it becomes leavened with the bottom grill plate.
5. Turn on the grill and **select manual cooking programme**.
6. When the grill is hot and ready, place on halved yellow peppers.
7. After 6 minutes turn it around and add sliced eggplants and zucchini.
8. Grill eggplant and zucchini for 4 minutes, 2 minutes per side.
9. Remove vegetables from the grill, place them on a plate and season them with salt and pepper.
10. Slice lengthwise 2 onion ciabattas.
11. Spread 1 tbsp basil pesto on the bottom slice of the bread. Top it with 1 slice of eggplant, 1 slice of yellow pepper and 2 slices of zucchini.
12. On top of zucchini spread half of sliced sundried tomatoes and half of sliced mozzarella cheese. Cover with top slice of bread and set aside.
13. Lift the grill plate back on and place the sandwiches on the grill.
14. Close the grill and grill paninis for 4 minutes until the cheese melts.

FACT #7

To grill as much food as possible at once, enlarge your grilling area simply by fully opening the lid.




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