

KELOMAT INSTANT BARBECUE

INSTRUCTIONS
FOR USE AND
RECIPES



KELOmat

KELOMAT INSTANT BARBECUE – FOR PE

As a genuine KELOMAT product, your new instant barbecue provides you with all benefits:

- Suitable for gas, electric, glass and ceramic due to high-quality, particularly resistant special alloy.



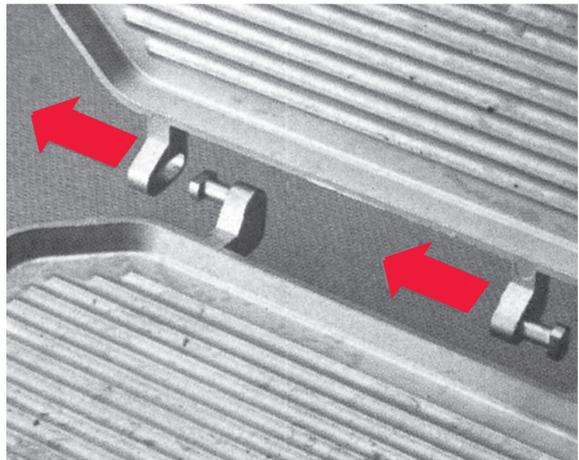
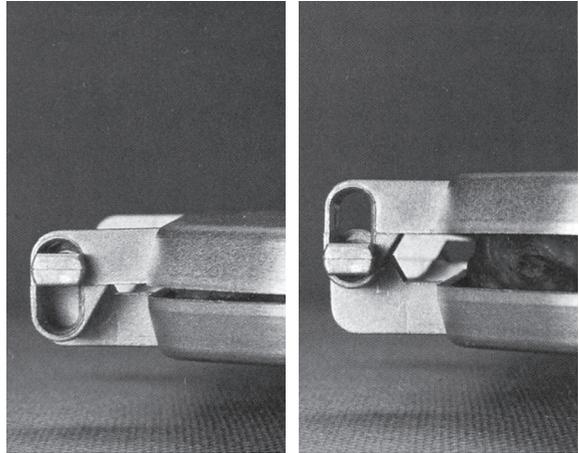
- Low-fat and healthy grilling due to KELOMAT non-stick coating.
- Adaptation to the respective barbecue food with automatic height adjustment. Grilling takes place on the entire grilling surface, and the energy is used in the best possible way.
- Can be easily disassembled due to special joints. Therefore easy to clean.

With the elevated barbecue ridges that are located far apart from each other in equal distance, you obtain the best possible effect in contact grilling. The temperature on the ridges ranges from 220 to 250° C. These high temperatures have a strong effect on the meat fibers and apply the characteristic grilling pattern.

In the grooves, the temperature ranges from only 120 to 150° C. The heat can penetrate slowly and presses the precious meat juice to the inside. The hot air is dry, able to circulate and therefore discharges the vapor escaping from the meat.

Please thoroughly clean the KELOMAT instant barbecue before first use. Warm water with dish liquid is sufficient, and your KELOMAT instant barbecue is ready for use.

After use, please clean the KELOMAT instant barbecue as long as it is still warm, which makes cleaning easier.



KELOMAT-QUALITY

We guarantee that the KELOMAT instant barbecue is free from faulty design and material defects. If in spite our careful final inspection a repair should be necessary, which can demonstrably be traced back to a manufacturing defect or material fault, the repair will be performed free of charge. The guarantee period amounts to 1 year from the day of purchase.

Riess Kelomat GmbH, A-3341 Ybbsitz, Maisberg 47

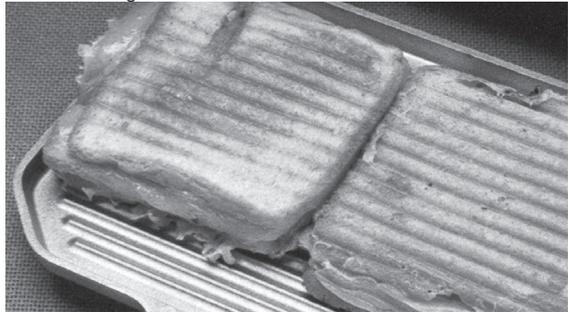
PERFECT BARBECUE FUN

KELOMAT has tried many barbecue specialties for you. The following hints will assist you in preparation.

- Do not overheat the KELOMAT instant barbecue, since the meat will otherwise carbonize on the barbecue ridges and will have a burnt taste. Please pre-heat both plates. Never tenderize the meat before grilling, since this would squash the cells. The meat will lose its juice and is no longer suitable for grilling.
- Never pierce the meat with a fork during grilling in order to avoid the precious meat juice from escaping. Always turn the meat with a palette knife.
- Season with little salt and pepper at the end, since the grilling process particularly emphasizes the natural flavor.
- Barbecue dishes are particularly easy to digest, since they are prepared without fat only by the effect of the heat. Even if the surface of the meat is brushed with a little oil, this layer is too thin to penetrate the fibers.



Berner Sausage



Toast



Steaks



Kebab

RECIPES FOR LOTS OF BARBECUE FUN

TOAST “STRONG AS A LION”

Put one slice of Emmental cheese, the smoked ham (cut into strips) and the other slice of cheese between 2 slices of white bread or toast. Bake the toasts in the pre-heated KELOMAT instant barbecue until crisp. In the meantime, fry one egg for each toast, season with pepper and put on top of the toast. und die Toasts damit belegen.

*serves 1:
2 slices of Emmental cheese
2 slices of buttered toast or white bread
50 g smoked ham or salami
1 egg
pepper*

FILLED TOAST

Fill two slices of buttered white bread or toast with cheese, ham, tomato slices and onion rings. Slightly grease the KELOMAT instant barbecue and bake the toasts in moderate heat until crisp.

*serves 1:
2 slices of toast or white bread
2 slices of soft cheese
tomato slices and onion rings,
if preferred
a little margarine*

SAUSAGES “CORDON BLEU”

Select sausages with a diameter of 2–3 cm (veal frying sausages or frankfurter sausages). Cut the sausages length-wise into two halves. Cut the cheese into 3 mm slices of approximately the length and width of the sausages, and wrap each slice with smoked ham. Put the prepared slices of cheese between the sausage halves and fix them with small toothpicks. Grill in the KELOMAT instant barbecue at moderate heat from both sides for some minutes. The sausages should be fried and the cheese should be melted.

*4 sausages with a diameter of 2–3 cm
1 large piece of cheese (Emmental or soft cheese)
4 thin slices of mean smoked ham*

GRILLED SAUSAGES WITH ONIONS

Cut onion rings with a width of 2 mm crosswise to the root, and put on the KELOMAT instant barbecue, which must not be too hot. As soon as the onion rings have a slightly brownish color, add the sausages and grill on both sides. The cooking time depends on the type and thickness of the sausages.

*4–5 sausages
1–2 large onions, thinly sliced
salt, pepper*

MINCED BEEF STEAK

Mix the ingredients with the minced meat, form 4 patties, brush with oil and grill in the KELOMAT instant barbecue. Slightly fry the ham slices.

To serve: Cut the top half of the buns off as a lid, put salad, meat, ham and the fried egg on the lower part and put on the lid.

Unless stated otherwise, the recipes serve 4 persons.

*600 g mean minced beef
2 eggs
salt, pepper, oil
2 tablespoons chopped green herbs
4 slices of leg of ham
4 fried eggs
4 salad leaves
4 buns*

VEAL CHOPS “NATURAL”

The appeal of this recipe is its simplicity:

Select chops with a maximum thickness of 2 cm. You may brush them with little oil. Preheat the instant barbecue for some minutes, then reduce the heat. Put the chops into the KELOMAT instant barbecue. As soon as the edges of the chops are firm, turn the KELOMAT instant barbecue. As soon as small juice bubbles form on the meat surface, the meat is tender. Season with salt and pepper and put a hazelnut-sized knob of butter on each chop. Serve with vegetables.

4 veal chops
salt, pepper
1 nut-sized knob of butter

VEAL STEAKS WITH ASPARAGUS

Season 4 veal steaks with salt and Tabasco and grill in the preheated KELOMAT instant barbecue with little oil at wish. Remove and arrange on a platter. Then top each steak with a bundle of cooked asparagus and a sweet pepper strip.

4 veal steaks
salt, Tabasco, oil
500 g asparagus
4 sweet pepper strips

RUMP STEAK

Slightly tenderize the meat slices with a flat knife and cut the skin at the edges. Slightly press the slices together, thinly brush with oil and put on the hot, slightly oiled KELOMAT instant barbecue. Grill on both sides. After grilling, slightly salt the rump steaks and garnish them with small knobs of butter.

4 slices of roast beef
(each slice approx. 2 cm thick)
some oil
salt, butter

STUFFED STEAKS

Horizontally cut a pocket into steaks with a thickness of 2–3 cm, until 1 cm to the other side, i.e. like a sandwich. Fry a large, finely chopped onion in butter until golden, add parsley, marjoram, thyme and tarragon and continue to cook for some minutes. Remove from the heat and add 50 g pork liver pâté with a fork. Put this stuffing into the sliced steaks and grill in the KELOMAT instant barbecue as usual. It is not necessary to extend the grilling time.

4 steaks (approx. 200 g each)
1 large onion
1 tablespoon chopped parsley
1 teaspoon marjoram
1 pinch of thyme
a little tarragon
50 g pork liver pâté
salt, pepper

VEAL LIVER “BERLIN STYLE”

Slightly oil the liver slices and grill in the KELOMAT instant barbecue. At the same time, grill the apple slices on both sides. If desired, top with fried slices of bacon and garnish with onion rings and ketchup.

4 slices of veal liver
oil, salt, pepper
4 apple slices
4 baked onion rings
some ketchup
fried slices of bacon, if preferred
side dish: French bread

RASNICI

Cut veal and pork in 3 cm cubes, put in a bowl and cover with one tablespoon olive oil. Add the finely chopped onion and let rest for some hours.

Then prepare the kebabs as follows:

1 cube of pork, 1 bay leaf, 1 cube of veal, 1 bay leaf, etc. Put the kebabs on the hot KELOMAT instant barbecue and slowly cook at low heat. The meat must be grilled for quite a long time. Shortly before serving, sprinkle each kebab with one tablespoon of finely chopped onions which will give the meat a delicious flavor. Season with salt and pepper.

*250 g cubed veal
250 g cubed pork
1 tablespoon olive oil
1 finely chopped onion
some bay leaves
4 tablespoons finely chopped onion salt, pepper*

SHEPHERD'S KEBAB

Put the ingredients in turns on a skewer, brush with oil and grill in the KELOMAT instant barbecue. Turn several times and season after grilling.

*Depending on the quantity of kebabs:
pork fillet cubes at 20 g each
veal liver
smoked ham cut into sticks
shallots (or small onions)
strips of sweet pepper
small white mushrooms
salt, pepper, oil*

CHICKEN WITH LEMON

Gently heat the honey and mix with lemon juice, ginger and crushed garlic. Pour this over the chicken and cool for some hours. Dry, slightly oil the chicken and grill in the KELOMAT instant barbecue, then season with salt. If desired, heat the remaining marinade in melted butter and pour over the chicken.

*6–8 chicken drums or wings
2 cloves of garlic
1 teaspoon crushed ginger,
juice of two lemons
salt, oil, butter
1 tablespoon honey*

FISH WITH CURRY

Cook the fish on the moderately hot KELOMAT instant barbecue. The instant barbecue must not be too hot, since strong heat would overcook the surface of the fish while the inside would remain raw.

In the meantime, melt the butter in a small pot, add onion and garlic and heat some minutes while stirring, until the onion is slightly colored. Then reduce the heat and add the curry dissolved in water. Stir for some minutes and add the tomato pieces and the squashed curd cheese. Season and continue to stew at low heat until the fish is ready.

Take the fish off the grill, add a little lemon juice and pour over the curry sauce.

*approx. 6 deep-frozen pieces of fish
1 nut-sized knob of butter
1 tablespoon chopped onion
1/2 crushed clove of garlic
1 tablespoon curry powder
2 tablespoons water
1 tomato, cut into small pieces
1 small curd cheese, squashed
some lemon juice*

GRILLED SCAMPI

Cut the inner shell with scissors. Wash the scampi under running water and dry with a cloth. Then put in the KELOMAT instant barbecue that has been pre-heated for 4–5 minutes, and grill for approx. 4 minutes on each side. Season with salt and pepper. Add the butter before serving. The meat should come easily off the shell but be tender and firm.

*Scampi or crab tails
fresh butter
salt, pepper*

STUFFED TOMATOES

Chop onions, parsley, anchovy, garlic and capers. Mix in a small bowl with salt, pepper, oil and the white bread soaked in vinegar. Cut off the top of the tomatoes and remove seeds. Then mix the peeled and finely chopped tomato tops and the seeds (as long as the seeds are not too large) with the stuffing.

Stuff the tomatoes with this stuffing and grill for about 20 minutes in the KELOMAT instant barbecue.

*4 nice, large tomatoes
2 finely chopped onions
1 crushed clove of garlic
1 tablespoon chopped parsley
1 anchovy, salted or in oil
1 teaspoon capers
1 tablespoon white bread
without crust, soaked in vinegar
1 egg
1 tablespoon breadcrumbs
1 tablespoon parmesan cheese
English seasoning sauce
1 tablespoon olive oil
juice of one lemon, salt, pepper*

GRILLED AND FLAMBÉED PINEAPPLE SLICES

Cut fresh pineapple or canned pineapples in slices. Dry with a cloth, slightly brush with oil and put on the very hot KELOMAT instant barbecue. Grill for some minutes on each side, then brush the top of the slices with a knob of butter, dust with sugar and flambé with cherry brandy or another fruit schnapps.

Freshly grilled pineapple slices without any added ingredients do not only make a perfect dessert for dietary cooking, but also an excellent side dish for grilled meat.

*4 slices of pineapple
1 knob of butter
1 tablespoon caster sugar
1 small glass of fruit schnapps*

GRILLED BANANAS

Put unpeeled bananas in the instant barbecue and grill for 5 minutes. Remove a 2 cm strip of the peel with a knife and distribute the sugar in the resulting groove. Sprinkle with brandy and serve immediately.

*4 bananas
4 teaspoons of sugar
brandy for sprinkling*

KELOMAT – SIMPLY SUPER COOKING

KELOMAT PRODUCTS have all quality and functional features you may expect of a leading kitchen tool:

KELOMAT pressure cookers, kitchen tools and many pans are made of heavy stainless steel 18/10 and have energy-saving, super-strong stable thermo-bottoms for good heat conduction and storage.

KELOMAT products are suitable for gas, electric and ceramic stove tops, stainless steel dishes and pans also for induction cookers.

KELOMAT products have a high practical value, are easy to maintain and have a long service life.

KELOMAT – simply super cooking.



K03/BG-GBA/03-07/NDH/2.5

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