

TEST LAB HEALTH GRILLS & STEAMERS



OVER-INDULGING THIS CHRISTMAS? FOR GREAT-TASTING AND NUTRITIOUS FAST FOOD, WE BRING YOU

BEST BUY HEALTH GRILLS AND STEAMERS FOR THE NEW YEAR

More online

Test ratings for 24 steamers and 26 health grills, including Best Buys, can be found on our members' website at www.which.co.uk/steamers and www.which.co.uk/healthgrills



GEORGE FOREMAN 14181 £50

WHICH? TEST SCORE 76%

PROS This grill produces consistently great, flavoursome food. It comes with an extra drip tray.

CONS Juices drip out when you lift the top grill plate and stubborn stains are hard to shift.

WHICH.CO.UK TARGET ONLINE PRICE £49

CHEAPEST HIGH STREET STORE N/a

ALSO AVAILABLE Online only



TEFAL SIMPLY STORE VC10931 £50

WHICH? TEST SCORE 73%

PROS Three large baskets stack tightly and are dishwasher safe. Rice is cooked to fluffy perfection in a separate bowl and there's an egg holder.

CONS One of the slowest Best Buys to steam potatoes

WHICH.CO.UK TARGET ONLINE PRICE £50

CHEAPEST HIGH STREET STORE Argos, Currys

ALSO AVAILABLE Online



The new year and a new diet seem to go hand-in-hand. One in five of you told us* that the hope of eating healthier food has influenced or would tempt you to buy a health grill or steamer. However, in reality, only 14% of the steamer owners we asked have actually changed their diet as a result of buying one – dropping to 8% of those with a health grill.

But if a health grill or steamer won't change your eating habits, what they do offer is an easy way to get more flavour and goodness from your food. As well as being convenient, steaming helps retain nutrients, such as water-soluble vitamins. While microwaves are generally

quicker, use less water and keep more nutrients locked in than steamers, they can't deal with the same volume of food.

The Which? Best Buys we show here, including our joint top-scoring Tefal Simply Store (above, right), allow you to fill up to three tiers and various compartments with a feast of different foods – great for a bigger family.

Grilling is healthier than frying or roasting meat as the fat drips away. While nutritionally there's no difference between oven-grilling and health-grilling, if your health grill has a detachable drip tray it'll probably be easier to clean than an oven grill. Some health

grills have removable plates which can be dishwasher safe – while useful, these types do take longer to heat up.

Many health grill and steamer manufacturers boast their own recommended cooking times, but we test how long it really takes to get meat and vegetables cooked to perfection.

Our highest-scoring health grill – the George Foreman 14181 (above, left) – heats up quickly and cooks vegetables, fish and meat evenly. The Russell Hobbs 17910 Digital Steamer (see p47), which scored as well as the Tefal Simply Store in our tests, cooked vegetables perfectly in under 10 minutes.

PHOTOGRAPHY BY: FULL STOP PHOTOGRAPHY



RUSSELL HOBBS 17910 DIGITAL STEAMER £35

WHICH? TEST SCORE 73%

PROS Three tiers, a rice bowl, herb infuser and space for eggs in each basket means this digital steamer breezes through a full meal – perfect for a family. It scored well in tests and is one of our cheapest Best Buys.

CONS The parts aren't dishwasher safe. While the baskets didn't stain during cooking, the juice collector did. The timer is tricky to set.

WHICH.CO.UK TARGET ONLINE PRICE £35

CHEAPEST HIGH STREET STORE Currys

ALSO AVAILABLE Tesco Direct



MAGIMIX LE CUISEUR 11580 £129

WHICH? TEST SCORE 71%

PROS This two-tier steamer gets top marks when you use both bowls together – salmon's ready in seven minutes and new potatoes take less than half an hour. There's no mixing of flavours between the tiers.

CONS You need to remove the oval baskets to check the water level. It's bulkier than other steamers to store and it's pricey.

WHICH.CO.UK TARGET ONLINE PRICE £125

CHEAPEST HIGH STREET STORE John Lewis

ALSO AVAILABLE Online



MORPHY RICHARDS STAINLESS STEEL STEAMER 48755 £30

WHICH? TEST SCORE 70%

PROS Three deep, oval bowls contain egg holders and have removable bases, and a rice bowl is also provided. You get great results for meat, fish and vegetables. The parts are dishwasher safe and the water level can be seen and topped up from the outside.

CONS It lacks cooking time advice and the body is prone to scuffs. Rice didn't cook very evenly.

WHICH.CO.UK TARGET ONLINE PRICE £30

CHEAPEST HIGH STREET STORE Argos

ALSO AVAILABLE Online

STEAMER TEST PERFORMANCE

	PRICE (£)	NUMBER OF TIERS	INDIVIDUAL FOODS	COOKING TIERED	COOKING RICE	CLEANING	USING THE STEAMER	SCORE (%)
1	TEFAL Simply Store VC10931	50	3	★★★★	★★★★	★★★★	★★★★	73
2	RUSSELL HOBBS 17910 Digital Steamer	35	3	★★★★	★★★★	★★★★	★★★	73
3	MAGIMIX Le Cuisieur 11580	129	2	★★★★	★★★★★	★★	★★★★	71
4	MORPHY RICHARDS Stainless Steel 48755	30	3	★★★★	★★★★	★★	★★★	70
5	TEFAL Simply Invents VC101616	55	3	★★★★★	★★★★	★★★	★★★★	70
6	TEFAL Vita Cuisine Compact VS400315	100	2	★★★★★	★★★	★★★	★★★★★	69
7	ARGOS VALUE RANGE 2 Bowl Steamer	10	2	★★★★	★★★★	★★★	★★★★	69

Using the table

The more stars the better

Specification

Price See p27.

Number of tiers The number of layers provided for different foods.

Performance

Individual foods Cooking carrots, broccoli and chicken individually in a single tier.

Tiered cooking Cooking salmon, new potatoes (and carrots if three tiers) at the

same time to assess speed, quality and whether the flavours mix. **Rice cooking** Speed of cooking and quality of rice.

Cleaning Ease of cleaning **Using the steamer** How easy the steamer is to use.

Score

Ignores price and is based on:

Cooking performance 40%
Ease of use 40%
Build quality 20%

How we test health grills

We grill aubergines, peppers, chicken breast and salmon steaks to judge searing lines and texture. See the full results online at www.which.co.uk/healthgrills

How we test steamers

We cook a full meal using different tiers or compartments to see how easy it is to cook all the food to perfection. To compare performance, go to www.which.co.uk/steamers

Matching range

The George Foreman Heritage Grill comes in a red, cream, black or stainless steel finish – each with a matching kettle and toaster from the Russell Hobbs Heritage range.



GEORGE FOREMAN GRILL & MELT 13622 £40

WHICH? TEST SCORE 74%

PROS The Grill & Melt is a doddle to use and cooks quickly – six minutes for chicken and veg and three for salmon steaks. The floating grill can be locked to allow raclette grilling.

CONS The grill plates don't lock together during cooking or storage and juices can drip onto work surfaces when lifting the top plate.

WHICH.CO.UK TARGET ONLINE PRICE £44

CHEAPEST HIGH STREET STORE Debenhams

ALSO AVAILABLE Comet



GEORGE FOREMAN HERITAGE FAMILY GRILL 18295 £70

WHICH? TEST SCORE 73%

PROS The 18295 is ready to cook in three and a half minutes. Meat and fish are browned evenly and vegetables retain crunch and flavour. The drip tray is dishwasher safe.

CONS Some of the recommended cooking times are on the optimistic side. The grill can't be stored upright to save on space.

WHICH.CO.UK TARGET ONLINE PRICE £70

CHEAPEST HIGH STREET STORE Comet

ALSO AVAILABLE Tesco Direct



TEFAL JAMIE OLIVER HEALTH GRILL £80

WHICH? TEST SCORE 73%

PROS This grill from Jamie Oliver gets five stars for taste, whether you're cooking meat, fish or vegetables. The top plate can be locked to hover over food for raclette or barbecue-style grilling. The plates are dishwasher safe.

CONS It's a bit slow to heat up. Food can get pushed out if it's not at the back of the grill.

WHICH.CO.UK TARGET ONLINE PRICE £55

CHEAPEST HIGH STREET STORE Comet

ALSO AVAILABLE Tesco Direct

HEALTH GRILL TEST PERFORMANCE

		PRICE (£)	PORTION SIZE	REMOVABLE PLATES	HEAT UP TIME	COOKING VEG	COOKING CHICKEN	COOKING SALMON	USING THE GRILL	SCORE (%)
1	GEORGE FOREMAN 14181	50	4	☐	★★★★★	★★★★	★★★★★	★★★★★	★★★★★	76
2	GEORGE FOREMAN Grill & Melt 13622	40	4	☐	★★★★★	★★★★	★★★★	★★★★★	★★★★★	74
3	GEORGE FOREMAN Heritage Family Grill 18295	70	5	☐	★★★★	★★★	★★★★★	★★★★★	★★★★★	73
4	TEFAL Jamie Oliver Health Grill	80	4	✓	★★	★★★	★★★★★	★★★★★	★★★★	73
5	GEORGE FOREMAN Family Grill 17873	40	5	☐	★★★★★	★★★	★★★★★	★★★★	★★★	72
6	GEORGE FOREMAN Variable Temperature Grill 18054	26	3	☐	★	★★★	★★★★	★★★★★	★★★★	68
7	GEORGE FOREMAN Easy Clean Grill & Melt 14525	53	4	✓	★	★★★	★★★★★	★★★★	★★★★	67

Using the table

The more stars the better

Specification

Price See p27

Performance

Portion size Number of portions that can be grilled at one time

Removable plates Whether the plates can be detached for ease of cleaning

Heat up time Time taken from the grill being switched on for it being ready to start cooking.

Cooking veg Speed of cooking aubergine

and red pepper slices and quality once cooked.

Cooking chicken Speed of cooking chicken breast and quality of cooked meat.

Cooking salmon Speed of cooking salmon steak and quality of cooked fish.

Using the grill How easy the grill is to use.

Score

Ignores price and is based on:

Ease of use	40%
Cooking performance	30%
Build quality	20%
Speed to heat up	10%