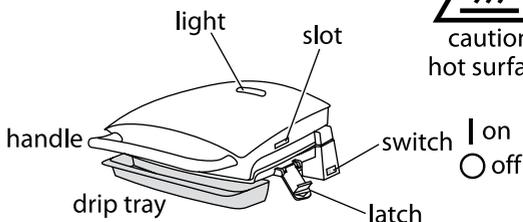
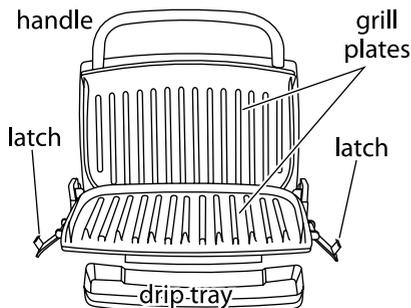


George Foreman

Great Tasting Healthier Food In Minutes



**instructions and
recipes**



Read the instructions, keep them safe, pass them on if you pass the grill on. Remove all packaging, but keep it in case you ever need to return the product.

important safeguards

Follow basic safety precautions, including:

- 1 The grill must only be used by or under the supervision of a responsible adult. Use and store the grill out of reach of children.
- 2 Don't put the grill in liquid, don't use it in a bathroom, near water, or outdoors.
- 3 Some parts aren't as hot as others, but they're all hot. Don't touch – use the handle, and wear oven gloves (or use a folded towel).
- 4 Bread, oil, and other foods may burn. Don't use the grill near or below curtains or other combustible materials, and watch it while in use.
- 5 Sit the grill on a stable, level, heat-resistant surface, near a power socket.
- 6 Route the cable so it doesn't overhang, and can't be tripped over or caught.
- 7 Don't wrap food in plastic film, polythene bags, or metal foil. You'll damage the grill and you may cause a fire hazard.
- 8 Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.
- 9 Unplug the grill after use, before moving and before cleaning.
- 11 Keep the grill and the cable away from hotplates, hobs or burners.
- 12 Don't use the grill for any purpose other than cooking food.
- 13 This appliance must not be operated by an external timer or remote control system.
- 14 Don't use the grill if it's damaged or malfunctions.
- 15 If the cable is damaged, return the grill, to avoid hazard.



household use only

before using for the first time

Wipe the grill plates with a damp cloth.

preparation

- 1 Centre the drip tray under the front of the grill, so it catches any run-off.
- 2 Grip the tops of the latches, pull them out of their slots, and open the grill.
- 3 Wipe the cooking plates with a little cooking oil or butter, then close the grill. Don't use low fat spread – it may burn on to the grill.
- 4 Put the plug into the power socket (switch the socket on, if it's switchable), and press | to switch on.

- 5 The light will glow, then cycle off and on as the thermostat controls the temperature.
- 6 Wait till the light goes out before cooking.

fill the grill

- 7 When the light goes out, use an oven glove to open the grill.
- 8 Lay the food on the bottom cooking plate with a spatula or tongs, not fingers.
- 9 Don't use tools that might damage the non-stick surfaces.

contact grilling

- 10 Simply bring the handle forward, to close the grill on the food.
- 11 The hinge is articulated to cope with thick or oddly shaped foods.
- 12 The cooking plates should be roughly parallel, to avoid uneven cooking.
- 13 Contact grilling is faster, as both grill plates are in contact with the food.

raclette grilling

- 14 Use the handle first to open the lid, then to lift it up, raising the hinges.
- 15 Now pull gently forward, closing the grill, but leaving a gap between the cooking plates.
- 16 Raclette grilling is slower, as the upper cooking plate is clear of the food, but it grills without squashing, for things like cheese on toast, or panini.

check that the food is cooked

- 17 Whichever cooking mode you use, check that the food is cooked through before serving – if you're in any doubt, cook it a bit more.
- 18 Cook meat, poultry, and any derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.

remove the food

- 19 Open the grill (use the oven gloves), and remove the food with your spatula or tongs.

finished?

- 20 Switch off (○) and unplug the grill.

more?

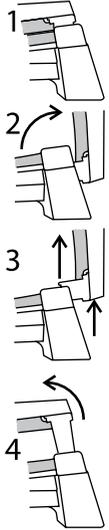
- 21 Put on the oven glove, empty the drip tray into a heatproof bowl, give it a wipe with kitchen paper, then replace it under the front of the grill.

care and maintenance

- 22 Switch off (○), unplug the grill and let it cool before cleaning and storing away.
- 23 Wipe all surfaces with a clean damp cloth. Use a paper towel moistened with a little cooking oil to remove stubborn stains.
- 24 Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
- 25 Take extra care with the non-stick cooking surfaces.
- 26 Don't put the grill in water or any other liquid.
- 27 Don't use harsh or abrasive cleaning agents or solvents.
- 28 Don't use scourers, wire wool, or soap pads.
- 29 If you close the grill, and push the latches into the slots, it can be stored upright, to save space.

✳ Where the top and bottom plates make contact, the non-stick surfaces may show signs of wear. This is purely cosmetic, and will not affect the operation of the grill.

raclette grilling



cooking times & food safety

Use these times only as a guide. They're for **contact grilling** fresh or fully defrosted food. For frozen foods: add 2-3 minutes for seafood, or 3-6 minutes for meat and poultry, depending on the thickness and density of the food. Check food is cooked through before serving. If in doubt, cook it a bit more.

Cook meat, poultry, and any derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout. When cooking pre-packed foods, follow any guidelines on the package or label.

	min		min
beef		sandwiches	
fillet	5-7	cheese	2-3
loin steak	7-8	ham (cooked)	5-6
burger, 50g	5-6	roast beef (cooked)	6-7
burger, 100g	7-8	sausage (cooked)	6-7
kebabs, 25mm cube	7-8	turkey (cooked)	6-7
round steak	5-7	snacks	
sausages (thin)	5-6	calzone	8-9
sausages (thick)	7-8	hot dogs	2-3
sirloin	7-9	quesadillas	2-3
T-Bone	8-9	tacos, meat filling	6-8
lamb		chicken/turkey	
kebabs, 25mm cube	7-8	chicken breast pieces	5-7
minced	6-7	burger, 50g, fresh/frozen	4/5
loin chops	4-6	burger, 100g, fresh/frozen	5/6
seafood		kebabs, 25mm cube	7-8
halibut steak, 12-25mm	6-8	thighs (chicken)	5-7
kebabs, 25mm cube	4-6	minced	7-8
prawn	1-2	turkey breast, thin sliced	3-4
red snapper fillet	3-5	vegetables	
salmon fillet	3-4	asparagus	3-4
salmon steak, 12-25mm	6-8	carrots, sliced	5-7
scallops	4-6	aubergine, slice/cube	8-9
sea bass fillet	3-5	onions, thin slice	5-6
swordfish steak, 12-25mm	6-9	peppers, thin slice	6-8
tuna steak, 12-25mm	6-8	peppers, grill then skin	2-3
pork		whole peppers brushed with oil	8
chops, 12mm	5-6	potatoes, slice/cube	7-9
gammon steak	5-6	squash, slice/cube	6-8
kebabs, 25mm cube	7-8	fruit	
minced	7-8	apple, halve/slice	6-8
sausages (thin)	5-6	bananas, slice lengthwise	3-4
sausages (thick)	7-8	nectarines, halve/slice	3-5
tenderloin, 12mm	4-6	peaches, halve/slice	3-5
		pineapple, slice	3-7

a few recipes to get you started

- Preheat the grill before cooking.
- When times are shown as a range (e.g. 5-7 minutes), we suggest you cook for the minimum time, then start checking the food for readiness.

contact grilling

sausage and herb stuffed pork

- 250g/½lb low-fat sausage, uncooked
- ½ cup fresh breadcrumbs
- 2 tbsp fresh parsley
- ½ tsp thyme
- ½ tsp marjoram
- 1 tsp fresh ground black pepper
- 2 whole pork tenderloins (fillets)
- 8 cocktail sticks, soaked in water then patted dry

Remove the sausage skins. Mix the sausagemeat, marjoram, thyme, parsley, and pepper in a bowl. Cut each tenderloin in two, then cut a slit sideways into each piece to make a pocket. Stuff the pockets with the mixture, and fasten the edges with cocktail sticks. Grill till the pork and stuffing are cooked through (6-8 minutes).

serves a family of 4



chicken tandoori with yogurt-based marinade

- 2 boneless, skinless chicken breasts
- 200-250g carton plain low-fat yogurt
- 1 tbsp lemon juice
- 2 tsp paprika
- 2 garlic cloves, minced
- ½ tsp ground ginger
- ½ tsp cumin
- ½ tsp cayenne pepper
- ½ tsp cinnamon

Use a lidded casserole dish big enough to hold the chicken and the marinade. Mix the yogurt, lemon juice, paprika, garlic, ginger, cumin, cayenne and cinnamon in the dish. Cut each chicken breast into two, add them to the dish, and turn till they're well coated. Cover and refrigerate for 1-8 hours, turning at least every hour. Grill the chicken till it's cooked through (5-7 minutes). Discard the marinade.

serves a family of 4



the original burger

- 500g/1lb lean minced beef
- 1 tbsp Worcestershire sauce
- 1 tsp black pepper
- 1 red onion
- 4 wholegrain burger buns
- tomato, lettuce, dill pickles, etc. to garnish

Combine the mince, Worcestershire sauce and pepper, and shape into 4 burgers.

Slice the onion into 12mm/½" thick slices.

Grill the burgers for 4 minutes, top each with an onion slice, then grill for 3-4 minutes more.

Serve the burgers on the buns with your choice of garnish (tomato, lettuce, dill pickles, etc.).

serves 4



Mediterranean beef and vegetable grill

serves a family of 4

- 500g/1lb hindquarter flank steak
- 1 small courgette, cut into 8 pieces
- 1 small tomato, cut into 8 pieces
- 1 small onion, cut into 8 pieces
- 1 green pepper, cut into 8 pieces
- 1 tbsp balsamic vinegar
- 1 tsp fresh ground black pepper
- 1 tsp garlic granules

8 wooden skewers, soaked in water then patted dry
Mix the vinegar, pepper and garlic granules in a bowl. Freeze the steak for 30 minutes, then cut it into thin strips, across the grain. Discard any fat. Thread the steak on 4 skewers, and the tomato and vegetables on the other 4. Grill the steak skewers for 4 minutes, then add the vegetable skewers to the grill. Sprinkle the skewers with the vinegar, pepper and garlic mixture, and grill for 3-4 minutes more.



herbed chicken and mushroom kebabs

serves 4

- 2 boneless, skinless chicken breasts
- 500g/1lb fresh whole mushrooms
- 1 tsp dried rosemary
- 1 tbsp dried parsley
- ½ tsp dried thyme
- ¼ cup lemon juice
- 2 tbsp white vinegar
- ½ cup nonfat chicken broth
- 1 tsp black pepper

8 wooden skewers, soaked in water then patted dry
Use a lidded casserole dish big enough to hold the chicken, mushrooms and marinade. Mix the rosemary, parsley, thyme, juice, vinegar, broth, salt and pepper in the dish. Cut the chicken into 25mm/1" cubes, add to the dish, and turn till they're well coated. Add the mushrooms, and turn gently. Cover and refrigerate for 4-12 hours, turning occasionally. Thread the chicken and mushrooms on the skewers, and grill till cooked through (5-7 minutes). Discard the marinade.



healthy pizza pita pockets

serves 2

- 2 slices lean ham or turkey (cooked)
- 50g/1½oz reduced fat mozzarella
- 2 wholemeal pitta breads
- 2 tomatoes, thinly sliced
- 2 mushrooms, thinly sliced
- ¼ small onion, thinly sliced
- 1 tbsp sweetcorn
- ¼ green pepper, diced
- 1 tbsp tomato purée
- 1 tsp olive oil
- 1 tsp dried mixed herbs

Slit open each pitta bread to form pockets, and spread the tomato purée inside each pocket. Cut the ham/turkey into strips, turn them in a bowl with the other ingredients, rest for half an hour to rehydrate the herbs, then fill the pitta pockets and grill for 3-5 minutes.



goujons of fish with carrot sticks and sweet potato wedges

serves 2

- 1 large tuna, cod or salmon steak
- 1 medium carrot
- 1 small sweet potato
- 25g/1oz wholemeal flour
- 1 egg white
- breadcrumbs from 1 slice of wholemeal bread
- 1 tsp white pepper
- ½ tsp medium curry powder (optional)
- 1 tsp clear honey
- 1 tsp olive oil
- 1 tsp paprika



Put the olive oil in a bowl. Cut the sweet potato into thin wedges. Toss the wedges in the bowl to coat them with oil, then put them on a plate.

Stir the paprika and honey into the bowl. Cut the carrot into sticks about the same width as the thick ends of the potato wedges, and toss them in the bowl to coat them. Put the wedges and sticks on the grill, and cook for 4 minutes.

Mix the flour, curry powder and pepper on a plate. Put the egg white on another plate, and mix with a fork. Put the breadcrumbs on a third plate.

Cut the fish into goujons (fingers), and dip the fish goujons into the seasoned flour, then into the egg white, then the breadcrumbs.

When the wedges and sticks have cooked for 4 minutes, add the goujons to the grill, and cook for another 3-4 minutes, or till the breadcrumbs turn golden.

fillet steak with tomato concasse

serves 6

- 6 fillet steaks
- 1 clove garlic

tomato concasse

- 2 large onions, finely chopped
- 2 tbsp olive oil
- 450g tin of tomatoes, drained and chopped
- 1 bay leaf
- ¼ tsp thyme
- grated zest of ½ orange
- pinch of saffron (optional)
- 1 large clove garlic, crushed
- salt and pepper



Heat the oil in a pan over a moderate heat, and sauté the onions till they're just translucent. Add the tomatoes, then the other concasse ingredients, and simmer, stirring occasionally, till the concasse is thick and rich.

Preheat the grill.

Trim the fillets, then flatten gently. Cut the garlic clove in half, and rub the cut side over the surfaces of the fillets.

Lay the fillets on the grill, and cook for 2-5 minutes, depending on how rare you want them.

★ Remember – it's fillet steak – it doesn't take a lot of cooking!

To serve, spoon a portion of the concasse on a plate, lay a steak on the concasse, then pour a little more concasse over the steak.

Accompany with creamy mashed potatoes, boiled baby new potatoes in butter, carrot sticks and a green vegetable.

warm Asian-style noodle and tofu salad

serves 2

- 60g/2oz buckwheat or soba noodles
- 250g/8oz pre-cooked tofu, drained and cubed
- 1 carrot, peeled and grated into long strips
- 1 head pak choi, shredded
- ½ courgette, cut into long strips
- ½ red onion, cut into strips
- small handful fresh coriander leaves, torn

marinade

- 1 garlic clove, crushed
- 1 red chilli, de-seeded and finely chopped
- 2 tbsp reduced sodium soy sauce
- 1 tsp sweet chilli dipping sauce
- 1 tsp sesame oil
- juice of ½ lime



Combine the marinade ingredients in a bowl, add the tofu, and refrigerate overnight.

Boil two litres of water in a large pan, add the noodles, bring back to the boil, and boil for 10 minutes, drain, transfer to a serving dish, and keep warm.

Grill the marinated tofu till golden brown (2-3 minutes), then remove and set aside.

Grill the carrot, courgette, pak choi and onion for 30-60 seconds to wilt them.

Lay the wilted vegetables on the noodles, top with the grilled tofu, and garnish with the coriander and a squeeze of lime juice.

chicko caramba

serves 3-4

- 3-4 tortilla wraps
- 500g skinless chicken breast fillets
- shredded lettuce
- tomato slices
- avocado slices
- spring onions, shredded lengthwise
- little salt and pepper
- fresh coriander leaves

marinade

- 4 tbsp olive oil
- juice of 1 lime or lemon
- 2 tbsp hot chilli sauce
- ¾ tsp ground cumin
- 1 clove garlic, crushed



Trim any fat from the fillets, then cut each fillet in half lengthways.

Mix the marinade ingredients in a shallow bowl, add the chicken fillets, turning to coat each fillet.

Cover, then chill for at least an hour, turning every half hour or so.

Preheat the grill, lay the chicken fillets on the cooking plate, and cook till the chicken is cooked through (8-10 minutes).

Remove the chicken, cover, and rest for 10 minutes before serving.

Wipe the cooking plates, warm the tortillas on setting 2 for a couple of minutes, then remove from the heat, and turn the grill off.

On each tortilla, arrange a pile of lettuce, tomato, avocado, and spring onions, and sprinkle with salt and pepper.

Lay a chicken fillet on the salad, fold the bottom of the tortilla up, over the chicken, then fold in the sides of the tortilla, to form an envelope, and serve at once.

creamy cheesy chicken parcels with hidden green stuff

serves 2

- 1 lean skinless chicken breast
- 2 flour tortilla wraps
- 75-100g/2½-3oz reduced fat cream cheese
- 100g/3oz fresh baby spinach leaves
- 1 tsp mustard powder
- 1 tsp grated nutmeg
- 1 tsp pepper

Grill the chicken till it's cooked through (6-8 minutes). Remove it from the grill, let it cool, and cut it into strips. Wash and dry the spinach, wilt the leaves on the grill for 20-30 seconds, remove, and dry with kitchen paper. Mix the cream cheese and spinach in a bowl, fold in the chicken strips, then spoon the mixture into the centre of each tortilla wrap, fold one end over, and roll it up. Grill the filled wraps for 2-3 minutes to warm.



Santa Fé veggie-burger

serves 4

- 1 cup steamed white rice
- ½ cup of canned corn kernels
- 1 green pepper, seeded
- 1 large white onion
- 1 tsp fresh ground black pepper
- 1 tsp lemon juice
- 1 tsp chilli powder
- 4 wholegrain hamburger buns
- non-fat cooking spray

Blend/process the rice, corn, green pepper, onion, pepper, juice and chilli powder to a coarse, mealy texture, shape the mixture into 4 burgers and refrigerate for 2 hours.

Spray the grill lightly with non-fat cooking spray, grill the burgers till well browned (6-7 minutes), then serve in the buns.



quick and easy grilled bananas

serves 2

- 2 bananas, peeled
- 2 tbsp walnuts, finely chopped
- 2 tbsp sugar
- ½ tsp cinnamon

Mix the walnuts, sugar and cinnamon in a bowl. Split the bananas lengthwise, then across their width. Lay the bananas on the grill, flat sides uppermost, and spoon the mixture on top of them. Grill till the bananas are warm and the cinnamon and walnuts are slightly glazed (3-4 minutes).



grilled strawberry maple shortcake

serves 4

- 1 low-fat shortcake, cut into 8 slices
- ¼ cup maple syrup
- 2 cups fresh strawberries, cleaned and sliced
- 1 cup non-fat whipped cream topping

Lay the shortcake pieces on the grill, brush with maple syrup, and grill for 3-5 minutes. Remove, top with strawberry slices and whipped cream topping.



vanilla fruit kebabs with a quick creamy dip

serves 4

- ½ fresh pineapple or a tin of pineapple chunks
- 1 small orange
- 2 bananas
- 2 peaches or nectarines
- 1 tsp brown sugar
- 4 tbsp orange juice
- 2 small tubs fruit fromage frais
- 1 tsp vanilla extract

8 wooden skewers, soaked in water then patted dry

Cut the fruit into chunks and marinade for 10 minutes in the orange juice, brown sugar, and half the vanilla extract.

Thread the marinated fruit chunks on the skewers, and grill for 4-6 minutes.

Mix the fromage frais with the other half of the vanilla extract as a dip for the kebabs.



raclette grilling

grilled vegetable bruschetta

serves 4

- 1 red pepper, pith and seeds removed
- 1 yellow pepper, pith and seeds removed
- 1 small zucchini, sliced diagonally
- 1 red onion, thinly sliced
- 6 firm cherry tomatoes, halved
- 3 tbsp virgin olive oil
- 1 tbsp whole grain mustard
- pepper
- 1 ciabatta or baguette, cut into 8 diagonal slices
- 1 clove garlic, halved
- 6 - thinly sliced black olives
- fresh basil leaves

Cut the peppers into thin strips, prepare the other vegetables, and put them all into a bowl.

Add 2 tbsp olive oil, mustard, pepper to taste, and toss together to coat the vegetables.

Grill the vegetables (in 2 batches, if necessary) for 3-4 minutes, moving with tongs occasionally, to prevent sticking. Wrap in foil and set aside to keep warm.

Wipe the grill plates, lightly grill the bread, then rub the top side of each slice with the cut garlic.

Open the grill, spoon the vegetables on top of the bread, drizzle over the remaining oil, garnish with slivered olives and basil leaves, then warm up the bruschetta on the grill in raclette mode.



wholegrain panini with feta, red onions and red pepper

serves 1

- 2 thick slices wholegrain or wholewheat bread
- 50g reduced fat feta cheese
- ½ red onion, cut into thin strips
- ½ red pepper, cut into strips
- 2 tbsp balsamic vinegar
- ½ tsp fresh ground black pepper

Mix the onion, red pepper, balsamic vinegar and black pepper in a bowl. Spoon the mixture on to the grill, cook till softened (1-2 minutes), and lay it on a slice of bread.

Tear the feta, sprinkle over the mixture, and top with the other slice of bread. Clean the grill, then grill the panini

for 2-3 minutes in raclette mode. Serve with a watercress and tomato salad.



smoked mackerel panini with tomatoes and crème fraiche

serves 1

- 2 small cooked smoked mackerel fillets
- 2 thick slices wholegrain/wholewheat
- 4 cherry tomatoes, halved
- 1 large handful watercress

dressing

- 2 tbsp reduced fat crème fraiche
- ½ tsp lemon zest, grated
- squeeze lemon juice
- 1 tsp black pepper

Mix the dressing ingredients and refrigerate.

Flake the mackerel on a slice of bread, top with tomatoes and watercress, then the other slice, cook for 2-3 minutes, add the dressing, and serve.



pizza in reverse

serves 2

All the flavours of a pizza but much easier to eat!

- 2 large flat hamburger rolls
- pizza sauce
- sliced salami
- thinly sliced tomato
- sliced or grated cheese
- slivered black olives (optional)
- chopped spring onions or thinly sliced red onion
- shredded lettuce
- tomato wedges
- olives (optional)
- parsley or basil sprig



Split the rolls, spread each surface generously with pizza sauce. Arrange salami slices on one half of each roll, top with sliced tomato, cheese, slivered olives and chopped onion.

Put the tops on the rolls and grill till golden brown. Serve on shredded lettuce, garnished with tomato wedges, olives and a herb sprig.

smoked salmon & avocado sandwich

serves 2

- 2 focaccia ciabatta or rolls, halved
- low-fat cream cheese or ricotta
- smoked salmon
- avocado slices
- coarsely ground pepper
- a little lemon juice (or lime juice)
- baby mixed greens
- mayonnaise (home made is best)

Lightly spread the focaccia halves with cream cheese or ricotta.

Toss the avocado slices lightly in a little mayonnaise.

Pile smoked salmon on the two bottom halves, top with avocado, and sprinkle with pepper. Drizzle lightly with lemon or lime juice, and put the remaining focaccia halves on top.

Grill till golden, then cut each sandwich into fingers and serve with baby mixed greens.



strawberry & cream cheese brunchies

serves 2

- 4 slices of spicy fruit bread
- 1 carton of low-fat cream cheese
- 1 cup of thinly sliced strawberries
- 2 halved strawberries
- caster sugar (optional)
- mixed ground spices or cinnamon
- maple syrup

Spread the bread thickly with the cream cheese. Top two slices with the sliced strawberries, sprinkle with a little caster sugar (optional), then sprinkle lightly with the spices.

Lay the remaining bread slices on top, and grill till the outsides are crisp and golden.

To serve, cut each sandwich in two crosswise, top each of the four half-sandwiches with a half strawberry, and drizzle with maple syrup.



connection

The product must be earthed. It has a 13A BS1362 fuse in a 13A BS1363 plug. To replace the plug, fit the green/yellow wire to \perp or E, the blue wire to N, and the brown wire to L. Fit the cord grip. If in doubt, call an electrician. Don't use a non-rewireable plug unless the fuse cover is in place. If you remove the plug, dispose of it.

wheelie bin symbol

To avoid environmental and health problems due to hazardous substances in electrical and electronic goods, appliances marked with this symbol mustn't be disposed of with unsorted municipal waste, but recovered, reused, or recycled.

service

If you ring Customer Service, please have the **Model No.** to hand, as we won't be able to help you without it. It's on the rating plate (usually underneath the product).

The product isn't user-serviceable. If it's not working, read the instructions, check the plug fuse and main fuse/circuit breaker. If it's still not working, consult your retailer.

If that doesn't solve the problem – ring Customer Service – they may be able to offer technical advice.

If they advise you to return the product to us, pack it carefully, include a note with your name, address, day phone number, and what's wrong. If under guarantee, say where and when purchased, and include proof of purchase (till receipt). Send it to:

Customer Service, Salton Europe Ltd, Failsworth, Manchester M35 0HS

email: service@saltoneurope.com

telephone: 0845 658 9700 (local rate number)

guarantee

Defects affecting product functionality appearing within one year of purchase will be corrected by replacement or repair provided the product is used and maintained in accordance with the instructions. Your statutory rights are not affected. Documentation, packaging, and product specifications may change without notice.

online

www.russellhobbs.co.uk for more products

