

George Foreman

Fat Reducing Grill



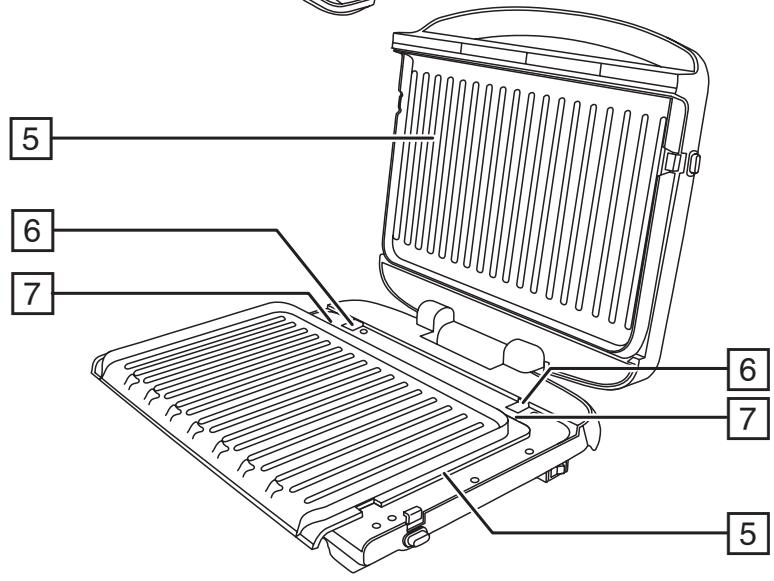
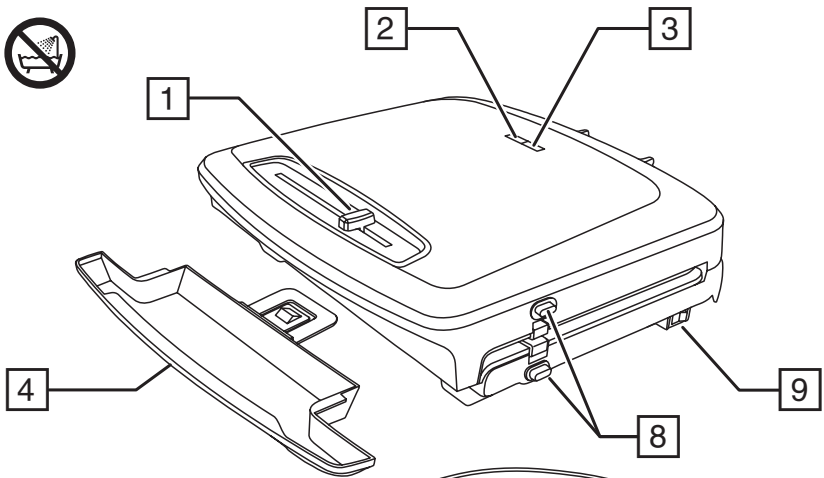
24340

 www.georgeforemangrills.com

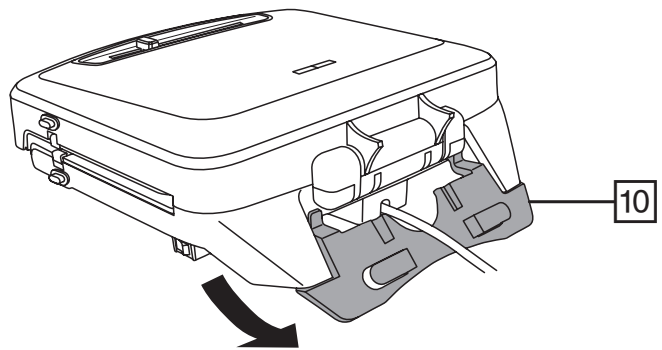
£10,000 prize draw

EXTRA year guarantee FREE rewards gallery

www.georgeforeman.co.uk/productregister/ Register online now! See back for details



A



Read the instructions, keep them safe, pass them on if you pass the grill on.
Remove all packaging before use.

IMPORTANT SAFEGUARDS

Follow basic safety precautions, including:

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been supervised/instructed and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be done by children unless they are older than 8 and supervised.

Keep the appliance and cable out of reach of children under 8.

Don't connect the appliance via a timer or remote control system.

 The surfaces of the appliance will get hot during use.

If the cable is damaged, it must be replaced by the manufacturer, its service agent, or someone similarly qualified, to avoid hazard.

- ⊗ Do not use this appliance near bathtubs, showers, basins or other vessels containing water.
- Don't wrap food in plastic film, polythene bags, or metal foil. You'll damage the grill and you may cause a fire hazard.
- Don't use the grill for any purpose other than cooking food.
- Don't use the grill if it's damaged or malfunctions.

HOUSEHOLD USE ONLY

PARTS

- | | |
|-----------------------------|---------------------------|
| 1. Temperature control | 6. Slots |
| 2. Power light (red) | 7. Tabs |
| 3. Thermostat light (green) | 8. Release button |
| 4. Drip tray | 9. Foot with cord storage |
| 5. Grill plates | |

BEFORE USING FOR THE FIRST TIME

Wipe the grill plates with a damp cloth.

Your grill may smoke a little the first time you use it. This is normal and will soon disappear.

TILTING/LEVELLING THE GRILL

You can tilt your grill so that fat and juices run into the drip tray when cooking things like burgers, meat, etc. Alternatively, you can use your grill level for cooking things like panini, sandwiches, etc.

To tilt your grill extend the foot upwards below your grill (FIG A). Fold the foot flat again to level your grill.

USING YOUR GRILL

- Sit your grill on a stable, level, heat-resistant surface, away from cupboards, curtains, etc.
 - Slide the drip tray between the two runners underneath the front of your grill. Slide the tray all the way in. The drip tray will collect any fat or juices that run off the plates during cooking.
1. Set the temperature control from **1** (low) to **4** (high). The times in the recipes are for food cooked at setting **3**. You'll need to experiment to find the ideal temperature/time combinations for your favourite foods.
 2. Put the plug into the power socket. The power light will come on.
 3. The grill plates will now start heating up and the temperature gauge will start to increase.
 4. When the thermostat light comes on your grill is at the cooking temperature you have selected. The thermostat light will cycle on and off as the thermostat operates to maintain the temperature.
 5. Open the grill and lay the food on the bottom grill plate. Close the grill.
 6. When you have finished cooking unplug the grill.
 - Check that the food is cooked. If you're in any doubt, cook it a bit more.
 - Always use an oven glove when opening/closing the grill or placing/removing food.
 - Use wooden or plastic tools to prevent damage to the plates.
 - The grill hinge is articulated to cope with thick or oddly shaped foods.
 - The grill plates should be roughly parallel, to avoid uneven cooking.
 - When necessary, use an oven glove and empty the drip tray into a heatproof bowl. Wipe it with kitchen paper then replace it under the front of the grill.

CARE AND MAINTENANCE

1. Unplug the grill and let it cool before cleaning and storing away.
2. Remove one plate at a time.
3. Press the release button and lift the plate away from the element.
4. Wipe all surfaces with a damp cloth or sponge. Use a paper towel with a dab of cooking oil to remove stubborn stains.
5. Wash the grill plates in warm soapy water, or in a dishwasher.
6. Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
 - Take extra care with the non-stick cooking surfaces.
 - Don't use harsh or abrasive cleaners, solvents, scourers, wire wool, or soap pads.

FITTING THE PLATES

1. Fit one plate at a time.
2. Put the tabs on the plate into the slots on the hinge side of the appliance.
3. Press down the front edge of the plate to lock it in place.
- 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.

CORD STORAGE

Wind the cable round the cable storage hooks on the foot underneath the grill.

COOKING TIMES AND FOOD SAFETY

The following times should be used purely as a guide. They are for fresh or fully defrosted food.

MEAT	NOTES	TIME (MIN)
Steak	For best results, cook steaks when they are at room temperature. Rest for 3-6 mins after cooking.	Medium rare 2
		Medium 3
		Well done 5 +
Chicken breast	Cook until juices run clear.	8-10
Lamb chops		Pink 4
		Medium 5-6
		Well done 8
Pork chops	Cook until juices run clear. Approx. 1-2 cm thick.	5-8
Sausages	Turn occasionally	6-10
Burgers	Turn occasionally	6-10
Bacon		3-5
Gammon		5-6
FISH		
Salmon		3-5
Prawns		1-2
Flat fish	Plaice, Sole, etc.	2-6
Round fish	Haddock, Cod, etc.	3-8
Tuna / swordfish		5-10
VEGETABLES		
Peppers		4-6
Aubergine	Sliced	6-8
Asparagus		3-4
Carrots	Sliced	5-7
Courgette	Sliced	1-3
Tomatoes	Halved	2-3
Onions	Cut into wedges	5-6
Mushrooms	Whole, flat mushrooms	3-6
Corn on the cob		4-6
OTHER		
Haloumi		2-4

- When cooking frozen foods, add 2-3 minutes for seafood and 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 poultry, pork, burgers, etc., until the juices run clear. Cook fish, prawns, etc., until the flesh is opaque throughout.
- When cooking pre-packed foods, follow any guidelines on the package or label.

For recipes, please visit <https://www.georgeforeman.co.uk/recipes/>

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 wholemeal flour
- 1 egg white
- breadcrumbs (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 then toss them in the olive oil. 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). Dip them 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.

HERBED CHICKEN AND MUSHROOM KEBABS serves 4

- 2 boneless, skinless chicken breasts
- 500g 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, soak in water, pat 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.

SAUSAGE AND HERB STUFFED PORK serves 4

- 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, soak in water, pat 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).

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. Serve with a watercress and tomato salad.

MEDITERRANEAN BEEF AND VEGETABLE GRILL serves 4

- 500g 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, soak in water, pat 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.

CHICKEN TANDOORI WITH YOGURT MARINADE serves 4

- 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 everything. 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.

THE ORIGINAL BURGER serves 4

- 500g 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.).

HEALTHY PIZZA PITTA POCKETS serves 2

- 2 slices lean ham or turkey (cooked)
- 50g 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.

CREAMY CHEESY CHICKEN PARCELS serves 2

- 1 lean skinless chicken breast
- 2 flour tortilla wraps
- 75-100g reduced fat cream cheese
- 100g 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, then fold in the chicken strips.

Spoon the mixture into the centre of the tortilla wraps, fold one end of each wrap over, roll the wraps up, and warm the filled wraps on the grill for 2-3 minutes.

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.

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



Use a blender or food processor to 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.

CHICKEN FILLETS WITH A THAI CURRY SAUCE serves 4

- 4 large chicken fillets, trim fat and skin
- 375g Thai curry sauce
- ½ cup coconut milk
- 2 spring onions, finely chopped
- ½ handful torn coriander leaves
- steamed jasmine rice or noodles
- grated lemon or lime zest
- ½ handful torn coriander leaves



Flatten the chicken fillets to an even thickness. Preheat the grill. Lightly spray the grill plates with cooking oil. Grill the chicken fillets till cooked (5-7 minutes). Meantime, heat the sauce in a pan, stir in the coconut milk, spring onions and coriander leaves. Stir till cooked (don't let it boil). Put a portion of sauce on a plate, lay a chicken fillet on the sauce, then put a little more sauce on top. Mix the zest with the rice/noodles and torn coriander leaves, and serve with crisp green vegetables.

WARM ASIAN-STYLE NOODLE AND TOFU SALAD serves 2

- 60g buckwheat or soba noodles
- 250g pre-cooked tofu, drain and cube
- 1 carrot, peeled and grated into 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, 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 coriander and a squeeze of lime juice.

CHICKEN FILLETS WITH A THAI CURRY SAUCE 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
- $\frac{3}{4}$ tsp ground cumin
- 1 clove garlic, crushed

Trim any fat from the fillets, then cut each fillet in half lengthways. Mix the marinade, add the fillets, turning to coat them, cover, and chill for at least an hour, turning every half hour or so. Preheat the grill, lay the chicken fillets on the grill plate, and grill till cooked (8-10 minutes). Remove the chicken, cover, and rest for 10 minutes.

Meantime, wipe the grill plates, warm the tortillas, remove from the heat, and turn the grill off. Pile lettuce, tomato, avocado, and spring onions on each tortilla, sprinkle with salt and pepper, lay a chicken fillet on top, fold the bottom of the tortilla up, over the chicken, then fold in the sides of the tortilla, to form an envelope, and serve.

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
- $\frac{1}{4}$ tsp thyme
- grated zest of $\frac{1}{2}$ orange
- pinch of saffron (optional)
- 1 large clove garlic, crushed
- salt and pepper



Sauté the onions in a pan 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! Put a portion of concasse on a plate, lay a steak on top, then pour a little more concasse over it. Serve with creamy mashed potatoes, boiled baby new potatoes in butter, carrot sticks and a green vegetable.

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).

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, soak in water, pat dry



Cut the fruit into chunks and marinate 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.

GRILLED STRAWBERRY MAPLE SHORTCAKE serves 4

- 1 low-fat shortcake, cut into 8 slices
- ¼ cup maple syrup
- 2 cups fresh strawberries, 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.

ASIAN CHICKEN BURGER serves 4

- 450g lean minced chicken
- 1 clove garlic, finely chopped
- 2 spring onions, finely chopped
- 1 tbsp lemon juice
- 2 tbsp soy sauce
- ½ tsp ground ginger
- 1 egg white

Combine everything, shape into 4 burgers, and refrigerate for 2 hours. Grill the burgers for 5 minutes, then check for readiness.

TEX-MEX BURGER serves 4

- 450g lean minced beef
- 125g low fat Cheddar cheese, grated
- 2 tbsp creamed horseradish sauce
- ½ tsp garlic powder
- ½ tsp black pepper

Combine everything, shape into 4 burgers, grill for 4 minutes, then check for readiness.

CHEESE AND HORSERADISH BURGER serves 4

- 450g lean minced beef
- 125g low fat Cheddar cheese, grated
- 2 tbsp creamed horseradish sauce
- ½ tsp garlic powder
- ½ tsp black pepper

Combine everything, shape into 4 burgers, grill for 4 minutes, then check for readiness.

RANCHERO BURGERS serves 4

- 375g lean minced beef
- 125g tin kidney beans, drain and mash
- 2 cloves garlic, finely chopped
- 4 tbsp barbecue sauce
- ½ tsp black pepper
- ½ tsp sea salt

Combine everything, shape into 4 burgers, grill for 4 minutes, then check for readiness.

PINEAPPLE TERIYAKI BURGER serves 4

- 450g lean minced chicken
- 1 egg white
- 4 tbsp bottled teriyaki sauce
- 1 strong onion, finely chopped
- 1 tsp yellow mustard
- ½ tsp black pepper
- 4 slices fresh pineapple

Refrigerate the pineapple slices. Combine the other ingredients, and shape into 4 burgers. Grill the burgers for 4 minutes, then check for readiness. Put a slice of pineapple on each burger.

GEORGE FOREMAN'S POWERBURGER serves 4

- 375g lean minced beef
- 4 tbsp seasoned breadcrumbs
- 4 tbsp chopped vegetables – onions, spring onions, courgettes, parsley (these can be sautéed)

Combine the vegetables and breadcrumbs in a bowl. Add the minced beef and mix well. Shape the mixture into 4 10cm wide burgers. Preheat the grill and cook for 5-6 minutes, or till the meat is no longer pink and the juices run clear, turning once. This recipe is from *The healthy Gourmet* (Clarkson Potter) by Cherie Calbom.

RECYCLING



To avoid environmental and health problems due to hazardous substances, appliances and rechargeable and non-rechargeable batteries marked with one of these symbols must not be disposed of with unsorted municipal waste. Always dispose of electrical and electronic products and, where applicable, rechargeable and non-rechargeable batteries, at an appropriate official recycling/collection point.

SERVICE

If you ring Customer Service, please have the model number 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

Spectrum Brands (UK) Ltd

Fir Street, Failsworth, Manchester M35 0HS

email: support@georgeforeman.co.uk

telephone: 0345 658 9700 (local rate number)




GUARANTEE

Defects affecting product functionality appearing within two years of first retail 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.georgeforemangrills.com for more products

REGISTER ONLINE FOR –

 £10,000 prize draw,
 EXTRA year guarantee,
 FREE rewards gallery

Visit www.georgeforeman.co.uk/productregister/

You must register within 28 days of purchase.