

# GEORGE FOREMAN™



**LEAN  
MEAN  
FAT REDUCING  
GRILLING  
MACHINE**

*George Foreman*



**INSTRUCTIONS AND  
GUARANTEE**

**MODEL NO. 10037/GR20VTT**



Read these instructions before use and keep them safe. If you pass the GRILLING MACHINE on, pass on the instructions too.

Remove all packaging, but keep it until you are satisfied that the GRILLING MACHINE is working. You may find a plastic label on the GRILLING MACHINE listing its features – peel this off.

#### **IMPORTANT SAFEGUARDS**

1. The GRILLING MACHINE must be used only by a responsible adult.
2. Use and store the GRILLING MACHINE out of reach of children.
3. Don't put the GRILLING MACHINE in water (or any other liquid). Don't use it in a bathroom or near any source of water, and don't use it outdoors.
4. Don't touch the GRILLING MACHINE when it's on – some parts aren't as hot as others, but they're all hot. Use oven gloves, a wooden or plastic spatula, or plastic tongs.
5. Position the GRILLING MACHINE on a firm, level, heat-resistant surface, close to a power socket and out of reach of children.
6. Bread, oil, and other foods may burn. Don't use the GRILLING MACHINE near or below curtains or other combustible materials, and watch it while in use.
7. Route the mains lead so that it doesn't overhang and can't be caught accidentally or tripped over.
8. Don't wrap food in plastic film, polythene bags, or metal foil. This will damage the GRILLING MACHINE and may cause a fire hazard.
9. Don't try to cook anything over about 25mm (1 inch) thick – the grill won't close, and the inside of the food may not cook fully.
10. Cook meat, poultry, and any derivatives (mince, burgers, etc.) until the juices run clear. Cook fish until the flesh is opaque throughout.
11. Don't leave food to cool on the GRILLING MACHINE – remove it while it's still hot.
12. Don't use metal implements, or anything sharp. This will damage the non-stick surface. Use wooden or plastic spatulas and plastic tongs.
13. Keep the GRILLING MACHINE and the mains lead away from hotplates, hobs or burners.
14. Unplug the GRILLING MACHINE when not in use, before moving and before cleaning. Let it cool down fully before moving or cleaning.
15. Don't use the GRILLING MACHINE for any purpose other than those described in these instructions.
16. Don't use the GRILLING MACHINE if it's damaged, if it malfunctions or if the mains lead or plug is damaged. It must be returned to our customer service department in order to avoid hazard.



**Electric  
shock risk**

**Household use only**

## BEFORE USE

Before using your GRILLING MACHINE for the first time (or if it's been stored for a long time) wipe the non-stick cooking plates with a damp cloth.

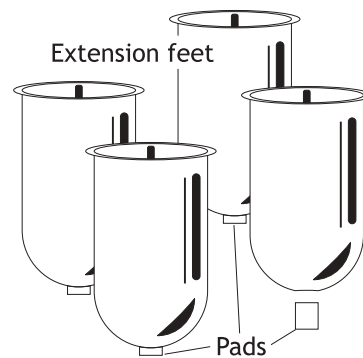
### STOP PRESS - Extension feet

Your GRILLING MACHINE now comes with a set of extension feet. These let you raise the GRILLING MACHINE another 15mm (a bit more than half an inch) above the work surface. This is handy if you're cooking mince or anything which needs to be put into pitta bread, naan, tacos or tortillas. Unplug the GRILLING MACHINE, let it cool down, and clean it.

Turn it on to its end, so it's standing upright, then push the extension feet over the existing feet. We've made them tight, so you can adjust them to avoid wobble.

Next time you want to fill pitta bread, split it, and hold the opening under the end of the GRILLING MACHINE. Now use the plastic spatula to rake the filling into the pitta bread.

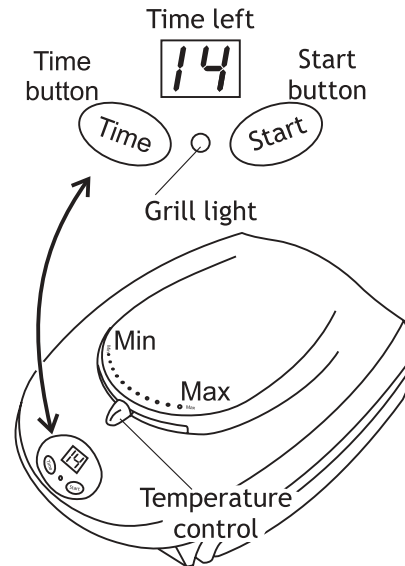
Fit all four feet, or your GRILLING MACHINE won't be stable, and don't put them into a dishwasher, or you'll lose the pads.



## USING YOUR GRILLING MACHINE

### Preparation

1. Position the GRILLING MACHINE on a firm, level, heat-resistant surface, close to a power socket, and out of the reach of children. Don't plug it in yet.
2. Centre the drip tray in front of the GRILLING MACHINE, then push it back until it touches the front feet.
3. Wipe the cooking plates lightly with a piece of kitchen towel containing a small amount of cooking oil or butter. Don't use low fat spread, as it may burn and damage the non-stick surfaces.
4. Close the lid.
5. Plug the GRILLING MACHINE into the power socket (switch the socket on, if necessary).
6. Move the temperature control to the setting you want – see "Cooking times" on page 6.
7. Press and release the Time button until the display shows 5, then press the Start button, to let the GRILLING MACHINE heat up. The grill light will come on, the timer will count down, beep 4 times to let you know it's ready, and switch the GRILLING MACHINE off automatically.



### While it's heating up

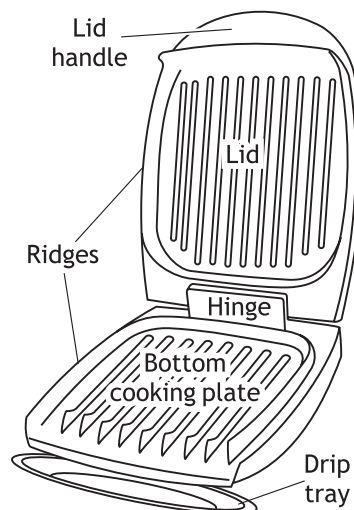
8. Prepare any garnish (tomato, cucumber, lettuce, cheese, etc.).
9. If you're using burger buns or hot dog rolls, split them.
10. Cut the food to be grilled into slices no more than 25mm (1 inch) thick.
11. Put your oven gloves, wooden or plastic spatulas and plastic tongs where you can reach them.

### Ready?

12. When the GRILLING MACHINE beeps, it's ready for use.
13. Put on the oven gloves.

### Cooking

14. Use the lid handle to lift the lid and open the GRILLING MACHINE
15. Put the food on the bottom cooking plate.
16. Use wooden or plastic utensils, not metal ones, or you'll scratch the non-stick surface.
17. Don't use your fingers – it really is hot.
18. Close the lid. Don't press it down – pressure will toughen meat or poultry and crush fish.
19. For thicker slices of meat, the hinge between the base and the lid is loose enough to allow you to lift the lid a little bit extra before lowering it on to the food.



20. If the food is too thick to allow the lid to close properly, and the ridges round the cooking plates to overlap (or at least meet) then it isn't suitable for cooking in the GRILLING MACHINE .
21. Cooking time depends on the type, thickness, and volume of food – see "Cooking times" on page 6.
22. Press and release the Time button until the display shows the cooking time you want.
23. If you overshoot, keep going until it shows 20, then press again, to revert to 0.
24. 20 minutes is the maximum time you can set.
25. Press the Start button to start cooking.
26. The timer will count down, beep 4 times to let you know it's done, and switch the GRILLING MACHINE off automatically.

#### **Remove the food**

27. When the food's ready, put the oven gloves back on.
28. Use the lid handle to lift the lid and open the GRILLING MACHINE .
29. Use a wooden or plastic spatula or plastic tongs to remove the food. Finished?
30. When you've finished, unplug the GRILLING MACHINE (switch the power socket off first, if appropriate).
31. Let the drip tray cool a bit before emptying. More?
32. If you want to use the GRILLING MACHINE immediately, put on the oven gloves and empty the drip tray into a heatproof glass or metal bowl, then give it a wipe with a piece of kitchen paper and put it back under the front of the GRILLING MACHINE.

#### **Pause**

Press the start button to stop the count down. Press again to resume.

#### **Cooking times & food safety.**

These times are given purely as a guide. They're for fresh or fully defrosted foods, with the temperature control set to Max.

When cooking frozen foods, add 2-3 minutes for seafood, and 36 minutes for meat and poultry, depending on the thickness of the cut, and the density of the food. If you want to cook denser items at a lower temperature, you will need to increase the cooking times.

Whatever you do, you must check that the food is cooked right through before serving. If you're in any doubt, cook it a bit more. Cook meat, poultry, and any derivatives (mince, burgers, etc.) until the juices run clear. Cook fish until the flesh is opaque throughout. When cooking pre-packed foods, follow any guidelines printed on the packaging or labels.

**Cooking times (minutes)**

Temperature control At Max	Rare	Medium	Well Done
<b>Beef</b>			
Fillet	4	7	9
Loin steak, slice thinly to serve	5	7	9
Hamburger 50g (2 oz)	4	6	7
Hamburger 100g (4 oz)	7	9	10
Hamburger 200g (8 oz)	11	12	13
Kebabs, 25mm (1") cubes	8	2	10
Round steak	5	7	8
Sausages (thin)	4½	5½	6½
Sausages (thick)	6	8	9
Sirloin	5	6	8
T-Bone	8	10	12
<b>Fruit</b>			
Apple, halved or sliced		6	
Bananas, sliced lengthwise		3	
Nectarines, halved or sliced		3	
Peaches, halved or sliced		3	
Pineapple, 12mm (½") thick slices		4	
<b>Lamb</b>			
Kebabs, 25mm (1") cubes	6	8	10
Minced lamb	5	7	9
Loin chops	4	6	8
<b>Pork</b>			
Chops, 12mm (½") thick		6	9
Gammon steak, 12mm (½") thick slice		7	9
Kebabs, 25mm (1") cubes		8	11
Minced pork		8	10
Sausages (thin)		6	8
Sausages (thick)		8	10
Tenderloin, 12mm (½") thick		5	8
<b>Poultry</b>			
Chicken breast, boneless/skinless 12mm (½") thick		7-9	10-12
Chicken/turkey burger, 50g (2 oz), fresh		4-5	6-8
Chicken/turkey burger, 50g (2 oz), frozen		5-6	7-9
Chicken/turkey burger, 100g (4 oz), fresh		5-6	7-9
Chicken/turkey burger, 100g (4 oz), frozen		6-7	8-10
Chicken kebabs, 25mm (1") cubes		8	10
Chicken thighs, boneless/skinless		7	10
Minced chicken		8	10-12
Minced turkey		8	10-12
Turkey breast, boneless/skinless thin sliced		4	6-7
Turkey breast, boneless/skinless 6-12mm (¼-½") thick		7	8-10

**Cooking times (minutes)**

<b>Temperature control At Max</b>	<b>Rare</b>	<b>Medium</b>	<b>Well Done</b>
<b>Sandwiches</b>			
Cheese		3	
Ham (cooked)		5	
Roast beef (cooked)		5	
Sausage (cooked)		5	
Turkey (cooked)		5	
<b>Seafood</b>			
Halibut steak, 12-25mm (½-1") thick	4	6-7	8-9
Kebabs, 25mm (1") cubes	3-4	5	6-7
Prawn		2	
Red snapper fillet	2-3	4-5	6-7
Salmon, fillet	2-3	3-4	5-7
Salmon, steak, 12-25mm (½-1") thick	4	6	8-10
Scallops		3-4	
Sea bass fillet	2	3-4	5-7
Swordfish steak, 12-25mm (½-1") thick	4-5	6-8	9-11
Tuna steak, 12-25mm (½-1") thick	4-5	6-8	9-10
<b>Snacks</b>			
Calzone		8	
Hot dogs		3	
Quesadillas		3	
Tacos, meat filling		5	
<b>Vegetables</b>			
Asparagus		4	
Carrots, 6-12mm (¼-½") slices		7	
Aubergine, 6-12mm (¼-½") slices or cubes		6-8	
Onions, thinly sliced		4-5	
Peppers, thinly sliced		4-5	
Peppers, whole, to skin – grill, then skin		3	
Peppers, whole, to cook – brush with olive oil		7	
Potatoes, baking, 6-12mm (¼-½") slices or cubes		8-10	
Potatoes, red, 6-12mm (¼-½") slices or cubes		8-10	
Potatoes, sweet, 6-12mm (¼-½") slices or cubes		8-10	
Squash, 6-12mm (¼-½") slices or cubes		6	

## Recipes

### General

- Temperature Set the temperature control to Max for these recipes
- Drip tray check that it's there, check that it's empty
- Cilantro some may not like its pungent, assertive flavour. You can substitute parsley or your favourite herb, but you'll lose some of the vibrancy of the dish

### The Champ's Sausage Without Guilt

Start your day with a sizzling sausage patty that doesn't just taste good – it's low in fat, low in cholesterol and high in niacin – a healthier option than bacon and eggs. This moist, flavourful sausage, served on wholemeal toast, makes the complete breakfast. Use minced turkey breast. It's lower in fat than turkey containing dark meat and skin. Turkey, especially the light meat, is a good source of niacin, an important B vitamin needed to maintain a healthy nervous system.

- 1 lightly beaten egg white
- 1 small finely chopped onion
- 1 finely chopped fresh red Delicious apple
- 4 tbsp seasoned breadcrumbs
- 2 tbsp finely chopped fresh parsley
- ½ tsp sea salt
- ½ tsp dried sage
- ½ tsp ground nutmeg
- ½ tsp black pepper
- ⅛ tsp cayenne pepper

250g ( ½ lb) lean minced turkey breast

- In a medium size mixing bowl, combine the egg white, onion, apple, breadcrumbs, parsley, salt, sage, nutmeg, black pepper, and cayenne pepper. Add the turkey and mix well.
- Shape the mixture into eight or nine 5 cm (2") wide patties.
- Preheat the GRILLING MACHINE and place the patties on the grill four at a time. Cook for 5 minutes or until the meat is no longer pink and the juices run clear, turning once or twice.
- Yield: 8-9 patties

This recipe is from The Healthy Gourmet (Clarkson Potter) by Cherie Calbom.



### **George's Sausage Texas style**

A spicy sausage with true Southwestern zip! These breakfast sausages are great served with a sautéed vegetable or fresh salsa and scrambled egg. Buy lean minced beef for the least-fat sausage.

- 1 lightly beaten egg white
- 1 small finely chopped onion
- 4 tbsp seasoned breadcrumbs
- 2 diced green chilli peppers
- 1 clove (large) garlic, crushed
- 2 tbsp finely chopped fresh cilantro
- 1 tbsp cider vinegar
- 1 ½ tsp chilli powder
- ¼ tsp sea salt
- ⅛ tsp cayenne pepper

250g (½ lb) lean minced beef

- In a medium-size mixing bowl, combine the egg white, onion, breadcrumbs, chilli peppers, garlic, cilantro, vinegar, chilli powder, salt and cayenne pepper. Add the ground beef and mix well.
- Shape the mixture into eight 7.5cm (3") wide patties.
- Preheat the GRILLING MACHINE for 3-5 minutes and place the patties on the grill four at a time.
- Cook for 5 minutes or until the meat is no longer pink and the juices run clear, turning once or twice.
- Yield: 8 patties

This recipe is from The Healthy Gourmet (Clarkson Potter) by Cherie Calbom.

### **George Foreman's PowerBurger**

A flavourful hamburger that we think tastes even better than its all-meat cousin! It pays to eat meals that minimise meat. To reduce saturated fat in a typical burger, you can cut back on the amount of meat and make up for it with plant-based ingredients. In this recipe, breadcrumbs and chopped vegetables have been added. You could also try cooked rice, other grains or cereal. In addition, choose wholewheat buns; they typically contain one gram less of fat than regular or even reduce-calorie buns.

If you settle for nothing less than a cheeseburger, Swiss cheese is generally lower in fat than Cheddar. Alternatively, use reduced fat cheese (with roughly half the fat content). Mustard contains less than a tenth of the fat of mayonnaise.

Top your burger in healthful style with dark, leafy, green lettuce, shredded cabbage, fresh cilantro, basil or spinach.

4 tbsp chopped vegetables such as onions, spring onions, courgettes, parsley (these can be sautéed)

4 tbsp seasoned breadcrumbs

375g ( $\frac{3}{4}$  lb) lean minced beef

- In a medium-size mixing bowl, combine the vegetables and breadcrumbs. Add the minced beef and mix well.
- Shape the mixture into 10cm (4") wide patties.
- Preheat the GRILLING MACHINE for 3-5 minutes and place the patties on the grill four at a time.
- Cook for 5-6 minutes or until the meat is no longer pink and the juices run clear, turning once.
- Yield: Serves 4

This recipe is from *The Healthy Gourmet* (Clarkson Potter) by Cherie Calbom.

### **Grilled Vegetables**

6 slices aubergine, 1cm ( $\frac{1}{2}$ ") thick (or use 2 baby aubergines)

2 small onions, sliced 1cm ( $\frac{1}{2}$ ") thick

2 small tomatoes, diced

2 small courgettes, sliced

4 large cloves of garlic, peeled and sliced

4-6 mushrooms, sliced

1 tsp olive oil (optional)

- Preheat the GRILLING MACHINE for 3-5 minutes. At this time, also spread on olive oil if desired.
- Add the sliced aubergine and garlic, cover and cook 3 minutes.
- Add the sliced onion, courgette, and mushrooms. Cover and cook 3-5 minutes.
- Remove the aubergine, courgette and mushroom slices to a plate.
- Add tomatoes to the onion and garlic. Cover and cook for one minute.
- Remove and serve over the aubergine, courgette, and mushrooms.
- Yield: Serves 2-4

Serve as an accompaniment to meat and pasta, or stuff them into a piece of pitta or French bread, for a grilled vegetable sandwich.

### **Rosemary Lamb Chops**

4 lamb chops, shoulder or loin  
2 tsp fresh chopped rosemary (or ½ tsp dried)  
freshly ground black pepper to taste

- Coat the chops with rosemary and pepper.
- Preheat the GRILLING MACHINE for 3-5 minutes.
- Close the lid and cook for 5 minutes for medium (a hint of pink in the middle) or 7 minutes for well done.
- Serve immediately
- Yield: Serves 4

### **Mustard Lemon Chicken Breasts**

2 tbsp mustard  
2 tbsp balsamic vinegar  
3 tbsp lemon juice  
2 cloves garlic, minced  
1 tsp paprika  
4 chicken breasts, boned, skinned, and halved (8 pieces)

- Preheat the GRILLING MACHINE for 3-5 minutes.
- combine the mustard, vinegar, lemon juice, garlic and paprika
- Add the chicken breast and let it marinate for at least 1 hour.
- Place marinated chicken on the GRILLING MACHINE and close the lid. Leave until fully cooked (about 10 minutes)
- Remove and serve
- Yield: Serves 4

### **Sole with Tomatoes**

2 tsp olive oil or red wine (optional)  
2 small onion, diced  
2 cloves garlic, crushed  
2 small tomatoes, chopped  
2 tbsp fresh basil (or ½ tsp dried), chopped  
1 tbsp fresh parsley, chopped  
1 tbsp ground pepper  
1 tbsp lemon juice  
500g (1 lb) fillet of sole (or any white fish fillet)

- Preheat the GRILLING MACHINE for 3-5 minutes.
- Sauté the onion and garlic in the oil or wine for 2 minutes, stirring occasionally.
- Add the tomato, half of the herbs and a few grinds of pepper. Lay the fish on top, add the lemon juice and remaining herbs.
- Close the lid and cook for 2-3 minutes.
- Lift the fish and vegetables on to a plate. Any juices in the drip tray may be poured on top of the fillet.
- Serve with fresh bread or rice.
- Yield: Serves 3-4

**Strip Steak Polynesian**

4 tbsp soy sauce

2 cloves garlic, crushed

2 tsp honey

4 pieces quick frying steak

- Combine the soy sauce, garlic and honey
- Marinate the steak in the mixture for about an hour in the fridge.
- Preheat the GRILLING MACHINE for 3-5 minutes.
- Place the marinated steak on to the GRILLING MACHINE.
- Cook for 3 minutes, open the GRILLING MACHINE, and pour the rest of the marinade sauce over the steaks.
- Cook for 1 minute more, then serve on a bed of rice.
- Yield: Serves 4

**Burritos**

2 small onions, chopped

4 cloves garlic, crushed

500g (1lb) minced beef or chopped chicken

1 can/jar red chilli sauce

2 tsp salt

1 tsp ground cinnamon & cumin (mixed)

- Preheat the GRILLING MACHINE for 3-5 minutes.
- Add the onions and garlic and sauté for 1 minute.
- Add the mince/chicken and cook for 3 minutes or until cooked through.
- Add the red chilli sauce and seasoning until mixed through and hot.
- Remove from the GRILLING MACHINE.
- Yield: Makes 8 burritos

Roll into warmed flour tortillas and top with your choice of guacamole, sour cream, or grated cheese.

**Care and maintenance**

Unplug the GRILLING MACHINE from the power socket and allow it to cool down fully before cleaning and storing away.

Wipe all surfaces with a clean damp cloth. Use a paper towel moistened with a little cooking oil to remove stubborn stains.

Wash the drip tray in warm soapy water, or put it in the top rack of the dishwasher.

Take extra care with the non-stick cooking surfaces.

Don't immerse the GRILLING MACHINE in water or any other liquid.

Don't use harsh or abrasive cleaning agents or solvents.

Don't use scourers, wire wool, or soap pads.


### CONNECTION TO THE MAINS SUPPLY

Check that the voltage marked on the appliance corresponds with the supply voltage.

The appliance must be earthed. It is supplied with three-core mains lead and a 13A plug complying with BS1363. If the fuse needs replacing, use a 13A ASTA or BSI approved fuse conforming to BS1362.

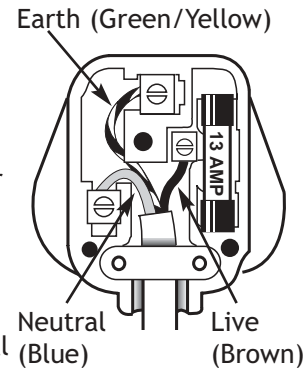
This appliance conforms to EC Directive 92/31/EEC with respect to Electromagnetic Compatibility

#### If the plug needs replacing

Connect the Green/Yellow wire (Earth) to the terminal marked E or . Connect the Blue wire (Neutral) to the terminal marked N. Connect the Brown wire (Live) to the terminal marked L. Fasten the cord grip securely. If in doubt consult an electrician.

#### If the plug supplied is non-rewireable (moulded)

Do not use the plug unless the fuse cover is in place. If you need to remove the plug, cut it from the mains lead and dispose of it. To avoid electric shock, do not re-use the plug or insert it into a socket.



Electric  
shock risk

### AFTER SALES SERVICE

This appliance is not user-serviceable. If it is not working properly, check that:

1. You have followed the instructions correctly.
2. The plug fuse has not blown.
3. The main supply fuse/circuit breaker has not blown/tripped.

If it still does not work, consult your retailer. If your retailer fails to solve your problem, and you need to return it to us, proceed as follows:

1. Pack it carefully.
2. Enclose your name, address, and daytime telephone number.
3. Tell us what is wrong with it.
4. If under guarantee, state where and when bought, and include proof of purchase (e.g. till receipt).
5. Send it to Customer Service Dept, at the address at the end of this leaflet.
6. They will give you an estimate for inspection/repair.

### SPARE PARTS

Phone Customer Service Dept on 0161-947-3111. Tell them the Model No. (on the product's rating label), and the part(s) you need. They will give you the price(s). You may then:

Either order spares by phone using MASTERCARD or VISA.

Or fill in this form (or a copy), and send it, with a cheque or postal order payable to PIFCO Ltd, to Customer Service Dept.

.....

Your Name: .....

Your Address: .....

..... Post Code: .....

Model No.	Part(s) required	Quantity

I enclose a cheque/postal order for £ ..... in full payment.

### GUARANTEE

Any defect affecting the functionality of the appliance which becomes apparent within one year of its purchase will be corrected by free repair or replacement provided that it has been used and maintained in accordance with the instructions and has not been abused or misused in any way. Your statutory rights are not affected.

In line with our policy of continuous product development we reserve the right to change the product, packaging and documentation specifications without notice.

Customer Service Dept

Pifco Ltd, Failsworth, Manchester M35 0HS England

Telephone 0161-947-3111 Fax 0161-684-8712

Leaflet No: 434-994

