

# GEORGE FOREMAN™

*to grilling*  
**Colors**



**LEAN  
MEAN  
FAT REDUCING  
GRILLING  
MACHINE**

*George Foreman*



**Instructions and  
guarantee**



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.

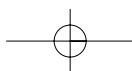
#### IMPORTANT SAFEGUARDS

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 use the bun warmer for anything other than warming buns, rolls, and other bread products.
12. Don't leave food to cool on the GRILLING MACHINE – remove it while it's still hot.
13. Don't use metal implements, or anything sharp. This will damage the non-stick surface. Use wooden or plastic spatulas and plastic tongs.
14. Keep the GRILLING MACHINE and the mains lead away from hotplates, hobs or burners.
15. Unplug the GRILLING MACHINE when not in use, before moving and before cleaning. Let it cool down fully before moving or cleaning.
16. Don't use the GRILLING MACHINE for any purpose other than those described in these instructions.
17. 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.



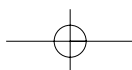
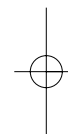
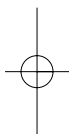
**Electric  
shock risk**

**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.



### USING YOUR GRILLING MACHINE

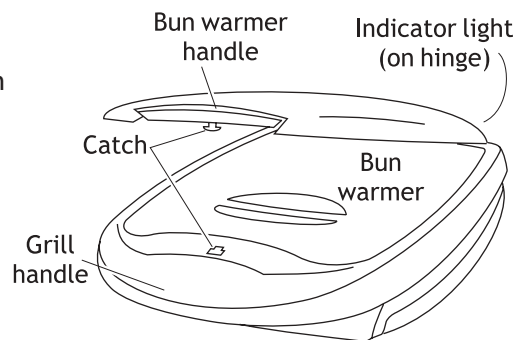
1. Prepare any garnish (tomato, cucumber, lettuce, cheese, etc.) and keep it handy.
2. If you're using burger buns or hot dog rolls, split them.
3. Cut the food to be grilled into slices no more than 25mm (1 inch) thick.
4. Position the GRILLING MACHINE on a firm, level, heat-resistant surface, close to a power socket, and out of the reach of children. Don't plug it in yet.
5. Centre the drip tray in front of the GRILLING MACHINE, then push it back until it touches the front feet.
6. 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.
7. Close the lid.
8. Plug the GRILLING MACHINE into the power socket (switch the socket on, if necessary).
9. The indicator light will come on to show that the GRILLING MACHINE is heating up. It will go out when the GRILLING MACHINE reaches working temperature, then cycle on and off as the thermostat operates to maintain the working temperature.
10. Put your oven glove, wooden or plastic spatulas and plastic tongs where you can reach them.

### Light's out

11. When the indicator light goes out, the GRILLING MACHINE is ready for use.
12. Put on the oven glove.

### Warm the buns

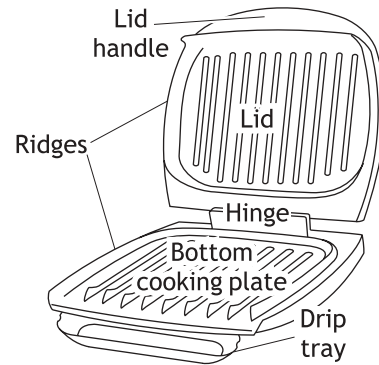
13. Press the back and lift the front of the bun warmer handle, to release the catch, then lift it up and back.
14. Place the buns or rolls on the bun warmer.
15. Close the bun warmer and press gently to lock it. If it won't close, remove something and try again. Don't try to force it, or you'll break it.



### Cooking

16. Use the grill handle to lift the lid and open the GRILLING MACHINE.
17. Put the food on the bottom cooking plate. Use wooden or plastic utensils, 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" for guidance.
22. When the food's ready, put the oven glove back on.



#### **Remove the buns**

23. Press the back and lift the front of the bun warmer handle, to release the catch, then lift it up and back.
24. Remove the buns or rolls.
25. Close the bun warmer and press the catch gently to lock it. If you don't lock it, it'll fall open and hit the work surface when you open the GRILLING MACHINE.

#### **Remove the food**

26. Use the grill handle to lift the lid and open the GRILLING MACHINE. You should still be wearing the oven glove.
27. Use a wooden or plastic spatula or plastic tongs to remove the food.

#### **Finished?**

28. When you've finished, unplug the GRILLING MACHINE (switch the power socket off first, if appropriate).
29. Let the drip tray cool a bit before emptying.

#### **More?**

30. If you want to use the GRILLING MACHINE immediately, put on the oven glove 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.

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

These times are given purely as a guide. They're for fresh or fully defrosted foods. When cooking frozen foods, add 2-3 minutes for seafood, and 3-6 minutes for meat and poultry, depending on the thickness of the cut, and the density of the food.

Check that it's cooked through before serving. If in 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**

Food	Mins	Notes
<b>Beef</b>		
Fillet	5-7	
Loin steak	7-8	slice thinly to serve
Hamburger 50g (2 oz)	5-6	
Hamburger 100g (4 oz)	7-8	
Hamburger 200g (8 oz)	8-9	
Kebabs	7-8	25mm (1") cubes
Round steak	5-7	
Sausages (thin)	5-6	
Sausages (thick)	7-8	
Sirloin	7-9	
T-Bone	8-9	
<b>Fruit</b>		
Apple	6-8	halved or sliced
Bananas	3-4	sliced lengthwise
Nectarines	3-5	halved or sliced
Peaches	3-5	halved or sliced
Pineapple	3-7	12mm (½") thick slices
Sweet Chestnuts	15+	cut a nick in the point of each nut
<b>Lamb</b>		
Kebabs	7-8	25mm (1") cubes
Minced lamb	6-7	
Loin chops	4-6	
<b>Pork</b>		½
Chops	5-6	12mm (½") thick
Gammon steak	5-6	12mm (½") thick slice
Kebabs	7-8	25mm (1") cubes
Minced pork	7-8	
Sausages (thin)	5-6	
Sausages (thick)	7-8	
Tenderloin	4-6	12mm (½") thick

<b>Poultry</b>		
Chicken breast pieces	5-7	boneless/skinless 12mm ( ½") thick
Chicken/turkey burger, 50g (2 oz), fresh	4	
Chicken/turkey burger, 50g (2 oz), frozen	5	
Chicken/turkey burger, 100g (4 oz), fresh	5	
Chicken/turkey burger, 100g (4 oz), frozen	6	
Chicken kebabs	7-8	25mm (1") cubes
Chicken thighs	5-7	boneless/skinless
Minced chicken	7-8	
Minced turkey	7-8	
Turkey breast, boneless/skinless thin sliced	3-4	
Turkey breast, boneless/skinless sliced	5-7	6-12mm (¼ - ½") thick
<b>Sandwiches</b>		
Cheese	2-3	
Ham (cooked)	5-6	
Roast beef (cooked)	6-7	
Sausage (cooked)	6-7	
Turkey (cooked)	6-7	
<b>Seafood</b>		
Halibut steak	6-8	12-25mm ( ½-1") thick
Kebabs	4-6	25mm (1") cubes
Prawn	1½-2½	
Red snapper fillet	3-5	
Salmon, fillet	3-4	
Salmon, steak	6-8	12-25mm ( ½-1") thick
Scallops	4-6	
Sea bass fillet	3-5	
Swordfish steak	6-9	12-25mm ( ½-1") thick
Tuna steak	6-8	12-25mm ( ½-1") thick
<b>Snacks</b>		
Calzone	8-9	
Hot dogs	2-3	
Quesadillas	2-3	
Tacos	6-8	meat filling

Vegetables		
Asparagus	3-4	
Brussels sprouts	8-9	fully thawed
Carrots	5-7	6-12mm ( 1/4 - 1/2") slices
Aubergine	8-9	6-12mm ( 1/4 - 1/2") slices or cubed
Onions	5-6	thinly sliced
Peppers, thinly sliced	6-8	
Peppers, whole, to skin	2-3	grill, then skin
Peppers, whole, to cook	8 1/2	brush with olive oil
Potatoes, baking	7-9	6-12mm ( 1/4 - 1/2") slices or cubed
Potatoes, red	7-9	6-12mm ( 1/4 - 1/2") slices or cubed
Potatoes, sweet	7-9	6-12mm ( 1/4 - 1/2") slices or cubed
Squash	6-8	6-12mm ( 1/4 - 1/2") slices or cubed



## Recipes

### General

Drip tray

Check that it's there, check that it's empty.

Cilantro

Also known as Mexican or Chinese parsley or leaf coriander, this is the leaf from the plant which gives us coriander seeds. 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. Don't use coriander seeds, ground coriander, or the roots of the plant – the tastes are entirely different and are not interchangeable.

Quantities

These recipes were developed for a larger machine, using supermarket ingredients and quantities. We've not been able to scale down the sausage and burger recipes (you don't get 125g/¼lb portions), but they're so nice, we didn't want to leave them out. We suggest you make the quantities shown, serve half and freeze half. Wrap in polythene or foil, exclude air from the wrappings before freezing, and use within 6 to 8 weeks.

### 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

¼ tsp ground nutmeg

¼ 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
- 1½ 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

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

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

1 small tomato, diced

1 small courgette, sliced

2 large cloves of garlic, peeled and sliced

2-3 mushrooms, sliced

$\frac{1}{2}$  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 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

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**

2 lamb chops, shoulder or loin

1 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 2

**Mustard Lemon Chicken Breasts**

1 tbsp mustard

1 tbsp balsamic vinegar

1½ tbsp lemon juice

1 clove garlic, minced

½ tsp paprika

2 chicken breasts, boned, skinned, and halved (4 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 ½ hour.
- Place marinated chicken on the GRILLING MACHINE and close the lid. Leave until fully cooked (about 10 minutes)
- Remove and serve
- Yield: Serves 2

**Sole with Tomatoes**

1 tsp olive oil or red wine (optional)

1 small onion, diced

1 clove garlic, crushed

1 small tomatoes, chopped

1 tbsp fresh basil (or ½ tsp dried), chopped

½ tbsp fresh parsley, chopped

½ tbsp ground pepper

½ tbsp lemon juice

250g (½ 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 2

### **Strip Steak Polynesian**

2 tbsp soy sauce

1 clove garlic, crushed

1 tsp honey

2 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 2

### **Burritos**

1 small onion, chopped

2 cloves garlic, crushed

250g (½lb) minced beef or chopped chicken

½ can/jar red chilli sauce

1 tsp salt

½ 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 4 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 3A ASTA or BSI approved fuse conforming to BS1362.

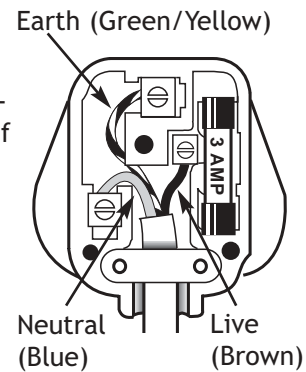
This appliance conforms to EC Directive 92/31/EEC with respect to Electromagnetic Compatibility

### 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 Salton Europe 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  
Salton Europe Ltd, Failsworth, Manchester M35 0HS England  
Telephone 0161-947-3111 Fax 0161-684-8712  
Leaflet No: 436-130