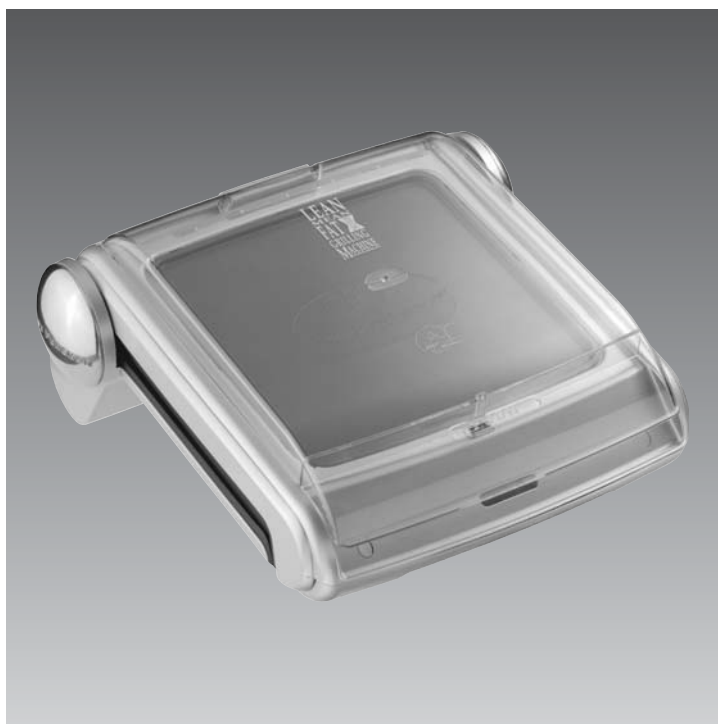


GEORGE FOREMAN®



**LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE**

George Foreman



**instructions and
recipes**



Read the instructions and keep them safe. If you pass the grill on, pass on the instructions too. Remove all packing, but keep it till you know the grill works.

important safeguards

Follow basic safety precautions, including:

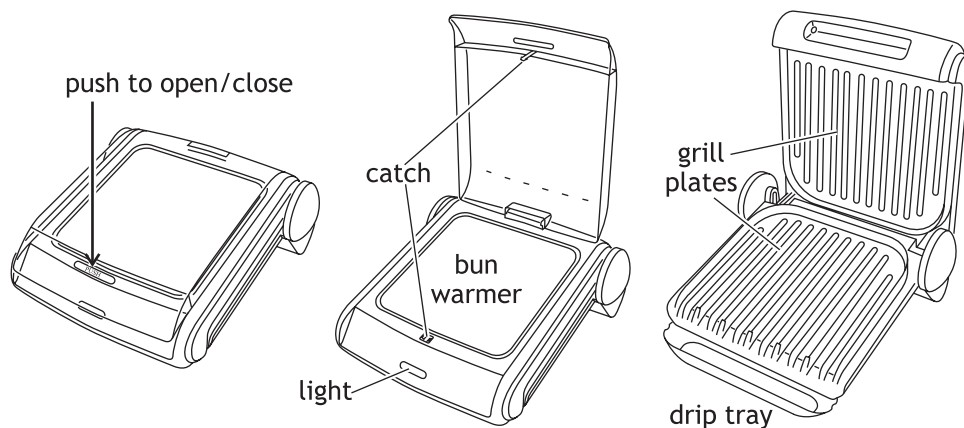
1. Don't put the appliance in liquid, don't use it in a bathroom, near water, or outdoors.
2. This appliance must only be used by or under the supervision of a responsible adult.
3. Some parts aren't as hot as others, but they're all hot. Don't touch – use oven gloves or a folded towel.
4. Sit the appliance on a stable, level, heat-resistant surface, near a power socket.
5. Bread, oil, and other foods may burn. Don't use the appliance near or below curtains or other combustible materials, and watch it while in use.
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. Don't use anything metal or sharp, you'll damage the non-stick surfaces.
10. Keep the appliance and the cable away from hotplates, hobs or burners.
11. Unplug the appliance when not in use, before moving and before cleaning.
12. Don't use the appliance for any purpose other than cooking food.
13. Don't use the appliance if it's damaged or malfunctions. If the cable is damaged, it must be replaced by the manufacturer or its service agent, in order to avoid hazard.



household use only

before using for the first time

Wipe the grill plates with a damp cloth.



preparation

1. Prepare any garnish (cucumber, tomato, etc.), and split your buns or rolls.
2. Cut the food to be grilled no more than 25mm thick.
3. Centre the drip tray under the front of the grill, so it catches any run-off.
4. Open the grill, wipe the grill plates with a little cooking oil or butter, then close it. Don't use low fat spread – it may burn on to the grill.

preheat

5. Put the plug into the power socket.
6. The light will come on, then cycle on and off.

warm the buns

7. Press the front of the bun warmer lid to open the catch.
8. Lift the lid, and put your buns on the bun warmer.
9. Close the lid and press the front to lock it – don't force it, you'll break something.

fill the grill

10. When the light goes off, use the oven glove to open the grill.
11. Lay the food on the bottom grill plate with a spatula or tongs, not fingers.
12. Close the grill. The hinge is articulated to cope with thick or oddly shaped foods.
13. The grill plates should be roughly parallel, to avoid uneven cooking.

remove the food

14. Check it's cooked. If you're in doubt, cook it a bit more.
15. Use the oven glove to open the grill.
16. Use wooden or plastic tools to remove the food.

remove the buns

17. Press the front of the bun warmer lid to open the catch.
18. Lift the lid, and remove the buns.

finished?

19. Unplug the grill.

more?

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

care and maintenance

Unplug the grill and let it cool 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 in the top rack of the dishwasher.

Take extra care with the non-stick cooking surfaces.

Don't put the grill 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.

cooking times & food safety

Use these times purely as a guide. They're for fresh or fully defrosted food. 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 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		lamb	
fillet	5-7	kebabs, 25mm cube	7-8
loin steak	7-8	minced	6-7
burger, 50g	5-6	loin chops	4-6
burger, 100g	7-8	sandwiches	
burger, 200g	8-9	cheese	2-3
kebabs, 25mm cube	7-8	ham (cooked)	5-6
round steak	5-7	roast beef (cooked)	6-7
sausages (thin)	5-6	sausage (cooked)	6-7
sausages (thick)	7-8	turkey (cooked)	6-7
sirloin	7-9	seafood	
T-Bone	8-9	halibut steak, 12-25mm	6-8
fruit		kebabs, 25mm cube	4-6
apple, halve/slice	6-8	prawn	1-2
bananas, slice lengthwise	3-4	red snapper fillet	3-5
nectarines, halve/slice	3-5	salmon fillet	3-4
peaches, halve/slice	3-5	salmon steak, 12-25mm	6-8
pineapple, slice	3-7	scallops	4-6
pork		sea bass fillet	3-5
chops, 12mm	5-6	swordfish steak, 12-25mm	6-9
gammon steak	5-6	tuna steak, 12-25mm	6-8
kebabs, 25mm cube	7-8	snacks	
minced	7-8	calzone	8-9
sausages (thin)	5-6	hot dogs	2-3
sausages (thick)	7-8	quesadillas	2-3
tenderloin, 12mm	4-6	tacos, meat filling	6-8
chicken/turkey		vegetables	
chicken breast pieces	5-7	asparagus	3-4
burger, 50g, fresh	4	carrots, sliced	5-7
burger, 50g, frozen	5	aubergine, slice/cube	8-9
burger, 100g, fresh	5	onions, thin slice	5-6
burger, 100g, frozen	6	peppers, thin slice	6-8
kebabs, 25mm cube	7-8	peppers, grill then skin	2-3
thighs (chicken)	5-7	whole peppers brushed with oil	8
minced	7-8	potatoes, slice/cube	7-9
turkey breast, thin sliced	3-4	squash, slice/cube	6-8

a few simple recipes to get you started

cilantro also known as leaf or herb coriander. 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.

weights for 250g, use 1/2lb; for 375g, use 3/4lb; for 500g, use 1lb

the champ's burger without guilt*

8-9 burgers

Start your day with a sizzling burger 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, tasty burger, served on wholemeal toast, makes the complete breakfast. Minced turkey breast is lower in fat than dark meat and skin.

Turkey, specially 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 red Delicious apple, chopped fine | 4 tbsp seasoned breadcrumbs |
| 2 tbsp fresh parsley, chopped fine | 1/2 tsp sea salt |
| 1/2 tsp dried sage | 1/4 tsp ground nutmeg |
| 1/4 tsp black pepper | 1/8 tsp cayenne pepper |
| 250g lean minced turkey breast | |

- Combine the egg white, onion, apple, breadcrumbs, parsley, salt, sage, nutmeg, black and cayenne pepper in a bowl. Add the turkey and mix well.
- Shape the mixture into eight or nine 5 cm (2") wide burgers.
- Preheat the grill and cook the burgers for 5 minutes or till the meat is no longer pink and the juices run clear, turning once or twice.

George's burger Texas style*

8 burgers

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

- | | |
|---------------------------------|-------------------------------------|
| 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 fresh cilantro, chopped fine |
| 1 tbsp cider vinegar | 1 1/2 tsp chilli powder |
| 1/4 tsp sea salt | 1/8 tsp cayenne pepper |
| 250g lean minced beef | |

- Combine the egg white, onion, breadcrumbs, garlic, cilantro, vinegar, chilli peppers, chilli powder, cayenne, and salt. Add the mince and mix well.
- Shape the mixture into eight 7.5cm (3") wide burgers.
- Preheat the grill and cook the burgers for 5 minutes or till the meat is no longer pink and the juices run clear, turning once or twice.

sole with tomatoes

serves 3-4

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

- Preheat the grill.
- In a frying pan or skillet, 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, and stir.
- Spoon on to the grill, lay the fish on top, and add the lemon juice and remaining herbs.
- Cook for 2-3 minutes.
- Put the fish and vegetables on a plate, pour the drip tray juices over the fillet.
- Serve with fresh bread or rice.

George Foreman's PowerBurger*

serves 4

A tasty burger 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 the fat of mayonnaise. Top your burger in healthful style with dark, leafy, green lettuce, shredded cabbage, fresh cilantro, basil or spinach.

- 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 10cm (4") 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.

rosemary lamb chops

serves 4

- 4 lamb chops, shoulder or loin
- 2 tsp fresh chopped rosemary (1/2 tsp dried)
- fresh ground black pepper

- Coat the chops with rosemary and pepper.
- Preheat the grill, then cook for 5 minutes for medium (a hint of pink in the middle) or 7 minutes for well done.

grilled vegetables

serves 2-4

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|--------------------------------------|----------------------------------|
| 6 1cm slices aubergine | 2 small onions, sliced 1cm thick |
| 2 small tomatoes, diced | 2 small courgettes, sliced |
| 4 large peeled, sliced garlic cloves | 4-6 mushrooms, sliced |
| 1 tsp olive oil (optional) | |

- Wipe the olive oil on the plates and preheat the grill.
- 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.

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

mustard lemon chicken breasts

serves 4

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

- Combine the mustard, vinegar, lemon juice, garlic and paprika
- Add the chicken breast and let it marinate for at least half an hour.
- Preheat the grill, then cook the marinated chicken for about 10 minutes.

strip steak polynesian

serves 4

- | | |
|------------------|-----------------------------|
| 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 grill and cook the marinated steak for 3 minutes.
- Open the grill, pour the remaining marinade over the steaks.
- Cook for 1 minute more, then serve on a bed of rice.

burritos

8 burritos

- | | |
|---------------------------------------|----------------------------|
| 2 small onions, chopped | 4 cloves garlic, crushed |
| 500g minced beef or chopped chicken | 1 can/jar red chilli sauce |
| 1 tsp ground cinnamon & cumin (mixed) | 2 tsp salt |

- Preheat the grill, add the onions and garlic and sauté for 1 minute.
- Add the mince/chicken and cook for 3 minutes or till cooked through.
- Add the red chilli sauce and seasoning till mixed through and hot.

Roll into warmed flour tortillas, top with guacamole, sour cream, or grated cheese.

acknowledgments

The recipes marked * are taken from The Healthy Gourmet (Clarkson Potter) by Cherie Calbom.

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 ⊕ 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/moulded plug unless the fuse cover is in place. If you remove the plug, dispose of it.

service

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:

Pack carefully, with a note of 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. They'll give you an estimate for inspection/repair.

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.

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