

George Foreman

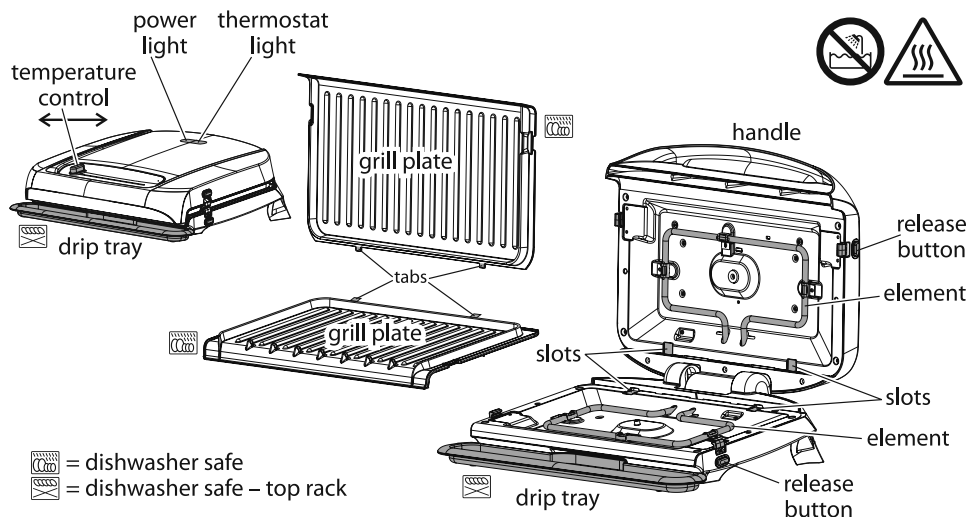
Fat Reducing Grill



instructions and
recipes

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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:

- 1 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.
- 2 Don't connect the appliance via a timer or remote control system.
-  The surfaces of the appliance will get hot.
- 3 If the cable is damaged, return the appliance, to avoid hazard.
-  Don't put the grill in liquid, don't use it in a bathroom, near water, or outdoors.
- 4 Don't use the appliance near or below combustible materials (e.g. curtains).
- 5 Sit the grill on a stable, level, heat-resistant surface, near a power socket.
- 6 Unwind the cable fully from the cable storage before plugging in.
- 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 Don't use the grill for any purpose other than cooking food.
- 9 Don't use the grill if it's damaged or malfunctions.

household use only

BEFORE USING FOR THE FIRST TIME

Wipe the grill plates with a damp cloth.

SET THE TEMPERATURE

- 1 Set the temperature control from 1 (low) to 4 (high). The times in the guide are for food cooked at setting 3.
- 2 You'll need to experiment to find the best temperatures and times for your favourite foods.
 - a) Reduce the temperature and increase the cooking time if you want the centre of the food well done.
 - b) Increase the temperature and reduce the cooking time if you want the centre of the food underdone.

PREHEAT

- 3 Centre the drip tray under the front of the grill, to catch run-off.
- 4 Wipe the grill plates with a little oil or butter. Don't use low fat spread – it may burn on to the grill.
- 5 Put the plug into the power socket – the power light will glow.
- 6 When the grill reaches operating temperature, the thermostat light will glow. It will then cycle on and off as the thermostat operates to maintain the temperature.
- ★ Some parts aren't as hot as others, but they're all hot. Don't touch – use an oven glove or a folded towel.

FILL THE GRILL

- 7 When the thermostat light glows, use an oven glove to open the grill.
- 8 Lay the food on the bottom grill plate with a spatula or tongs, not fingers.
- 9 Close the grill. The hinge is articulated to cope with thick or oddly shaped foods.
- 10 The grill plates should be roughly parallel, to avoid uneven cooking.
- 11 Wait while the food cooks.

REMOVE THE FOOD

- 12 Check that the food is cooked. If you're in any doubt, cook it a bit more.
- 13 Use an oven glove to open the grill.
- 14 Use wooden or plastic tools to remove the food.

FINISHED?

- 15 Unplug the grill.

MORE?

- 16 Use an oven glove. Empty the drip tray into a heatproof bowl, give it a wipe with kitchen paper, and replace it under the front of the grill.

CARE AND MAINTENANCE

- 17 Unplug the grill and let it cool before cleaning and storing away.
- 18 Remove one plate at a time.
- 19 Press the release button and lift the plate away from the element.
- 20 Wipe all surfaces with a damp cloth or sponge.
- 21 Wash the grill plates in warm soapy water, or in a dishwasher.
- 22 Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
- 23 Take extra care with the non-stick cooking surfaces.
- 24 Don't use harsh or abrasive cleaners, solvents, scourers, wire wool, or soap pads.

FITTING THE PLATES

- 25 Fit one plate at a time.
- 26 Put the tabs into the slots on the hinge side of the appliance.
- 27 Press the other edge of the plate into the handle side, 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

- 28 Wind the cable round the cable storage area under the rear of the grill.

cooking times & food safety

Use these times purely as a guide. They're for fresh or fully defrosted food, cooked at setting 3. 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.

beef	min	lamb	min
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 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.

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



smoked mackerel panini with tomatoes and crème fraîche

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 fraîche

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.



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 pitta 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.

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.

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, 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.



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.



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).

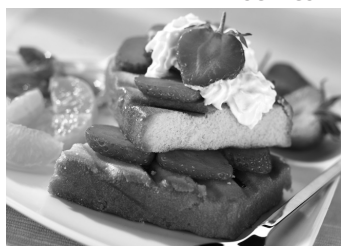


grilled strawberry maple shortcake

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 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.



the original burger

serves 4

- 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.).



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, trimmed of 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 mixed with grated lemon or lime peel
- additional 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. Add the rice/noodles and torn coriander leaves, and serve with crisp green vegetables.



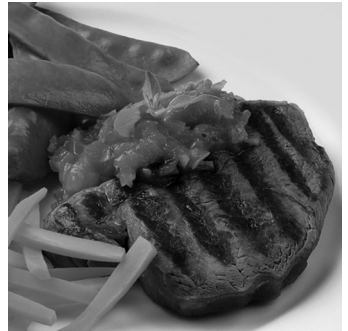
fillet steak with tomato concasse

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



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.

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

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
- $\frac{3}{4}$ tsp ground cumin
- 1 clove garlic, crushed

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

Mix the marinade ingredients, add the chicken fillets, turning to coat them, cover, then 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 before serving.

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. Serve at once.



a few more burger recipes

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 | $\frac{1}{2}$ 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 | 2 tbsp barbecue sauce |
| 1 strong onion, finely chopped | 1 tbsp fresh salsa |
| 1 tsp chilli powder | |

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 | $\frac{1}{2}$ tsp garlic powder |
| $\frac{1}{2}$ tsp black pepper | $\frac{1}{2}$ tsp sea salt |

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

ranchero burgers

serves 4

- | | |
|---------------------------------|--|
| 375g lean minced beef | 125g tinned kidney beans, drained and mashed |
| 2 cloves garlic, finely chopped | 4 tbsp barbecue sauce |
| $\frac{1}{2}$ tsp black pepper | $\frac{1}{2}$ 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 | $\frac{1}{2}$ 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.



ENVIRONMENTAL PROTECTION

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

Spectrum Brands (UK) Ltd

Fir Street, Failsworth, Manchester M35 0HS

email: support@georgeforeman.co.uk

telephone: 0845 230 0598 (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.



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