

GEORGE FOREMAN®

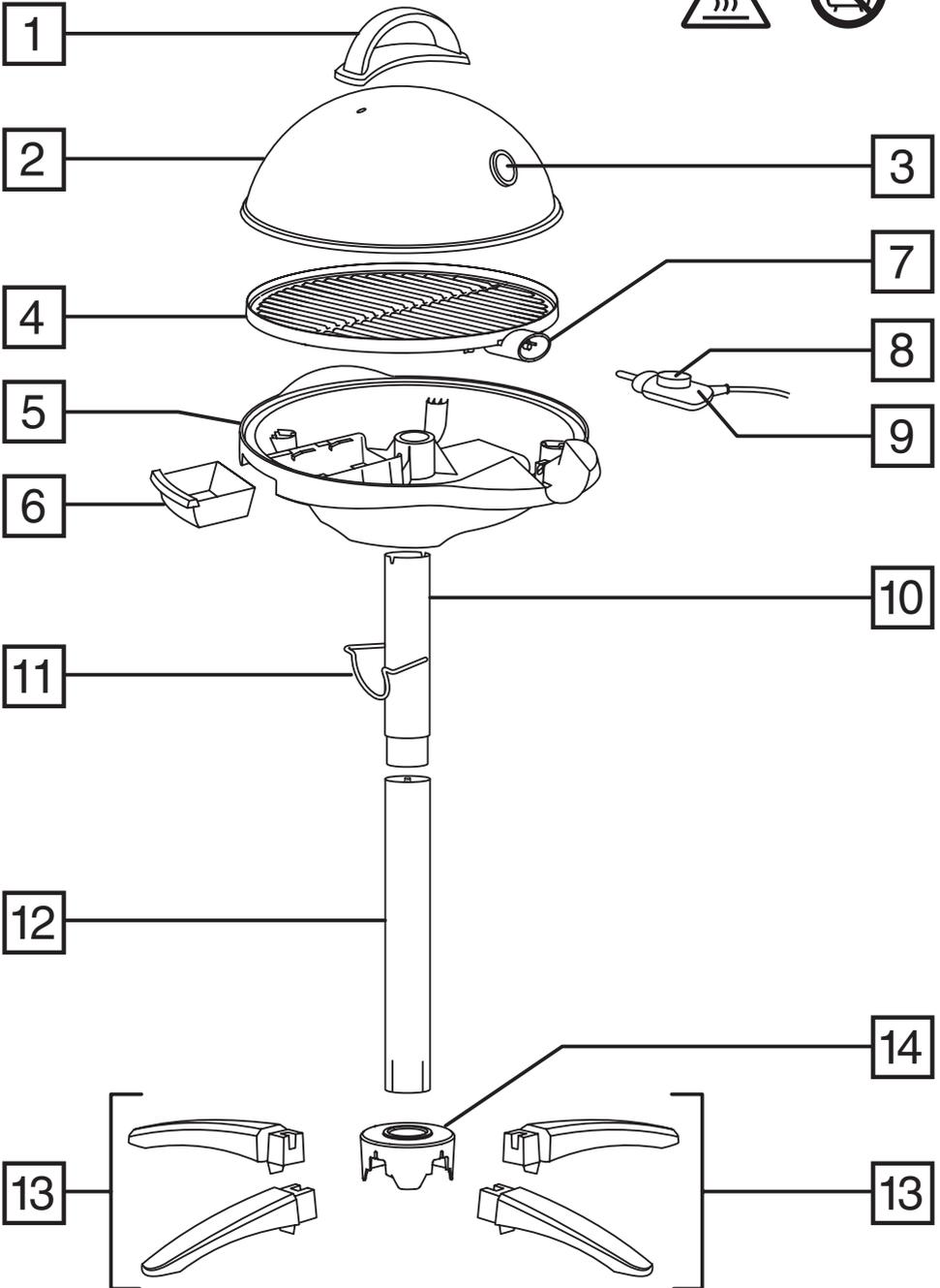


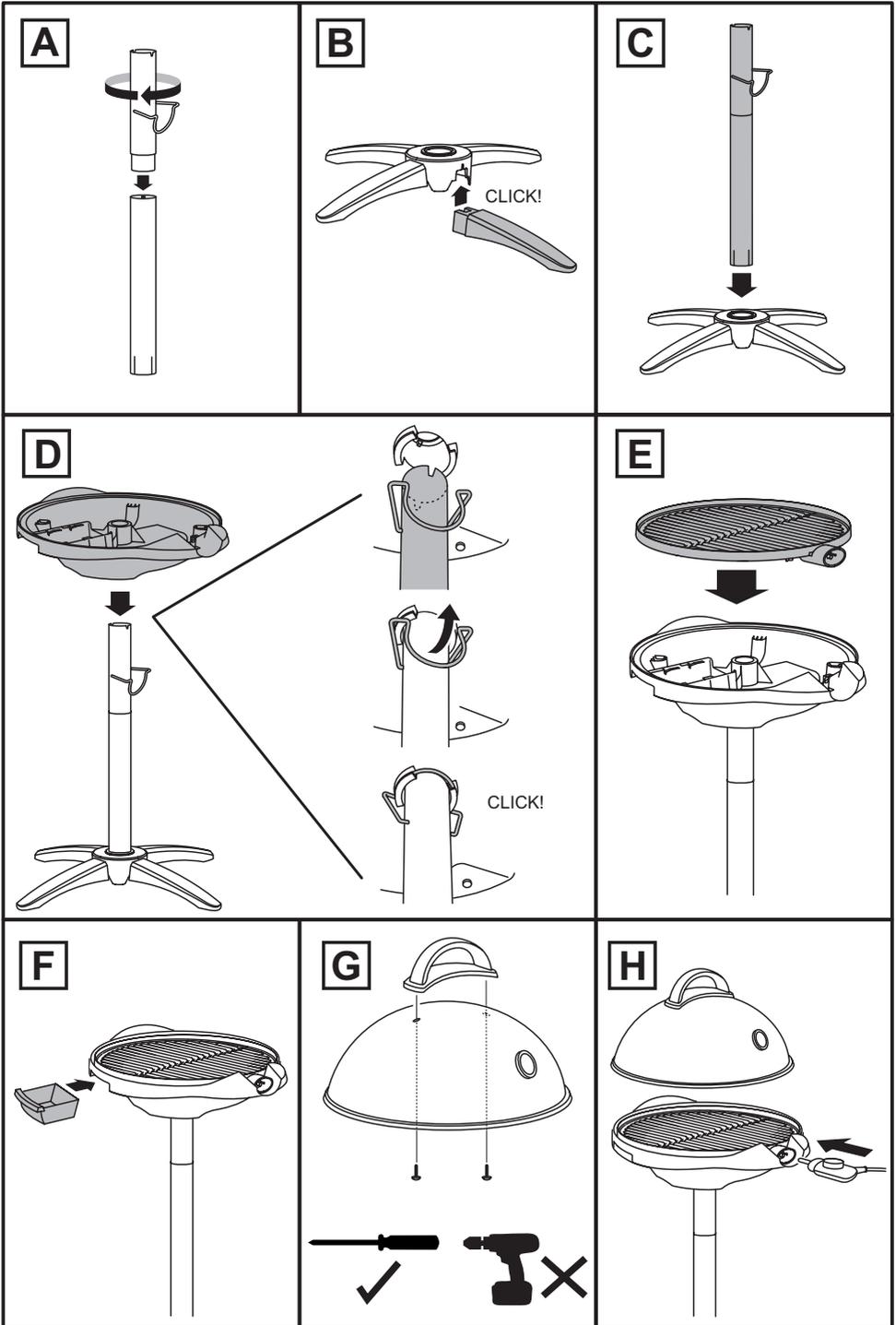
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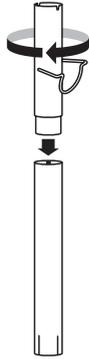
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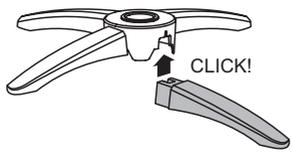




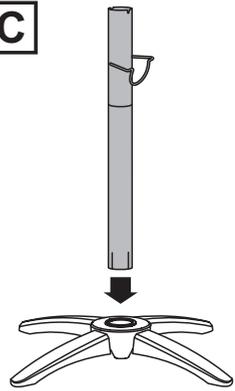
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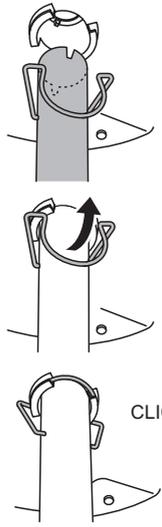
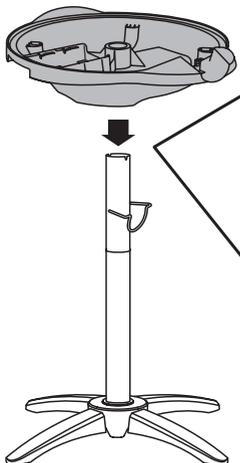
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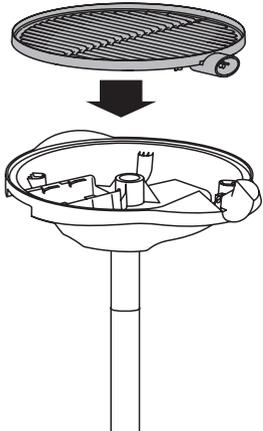
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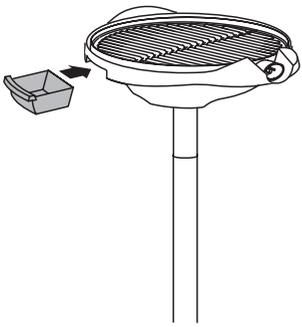
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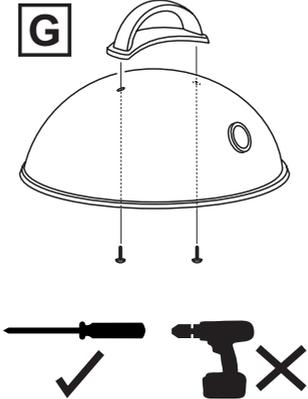
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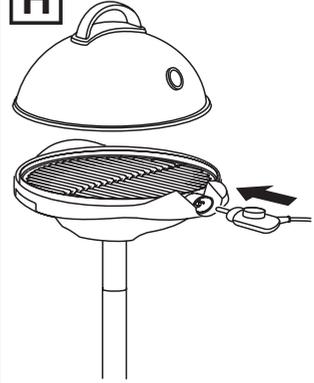
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G



H



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 given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made 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 power supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similar qualified person in order to avoid a hazard.

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

-  Do not use this appliance near bathtubs, showers, basins or other vessels containing water.
- Always use the assembled grill on a stable, level, surface (patio rather than grass).
- Leave a space of at least 50mm all round the appliance.
- Don't let people play near to or around the grill.
- Keep it well away from swimming/paddling pools, sprinklers and hoses.
- Food can burn. Don't use the appliance near or below curtains or other combustible materials and watch it while in use.
- Your grill is not a barbecue. Never try to use it with charcoal or similar materials.
- Don't try to use the grill plate on its own. It must only be used with the assembled grill base.
- Don't use the grill with any connector other than the one supplied.

Electrical Safety

- Route the cable (and extension cord if used) so it doesn't overhang, can't touch any hot surfaces or can't be tripped over or caught.
- Unwind the extension cord fully before use to prevent it overheating.
- If you use it outdoors, the extension cord must be suitable for outdoor use, and must be kept dry.
- If you use the grill outdoors, you must connect to the supply socket via an RCD (residual current device) with a rated residual operating current not exceeding 30mA. The RCD must be connected directly to the supply socket (not at the end of the extension cord).
- The appliance must only be connected to a supply socket that has an earth connection.
- Check the cable and the extension cable for signs of damage before each use. If you find any damage, do not use the appliance.

HOUSEHOLD USE ONLY

PARTS (FIG 1)

- | | |
|--------------------------|------------------------|
| 1. Handle | 8. Temperature control |
| 2. Lid | 9. Light |
| 3. Temperature indicator | 10. Short tube |
| 4. Grill plate | 11. Clip |
| 5. Grill base | 12. Long tube |
| 6. Drip tray | 13. Feet |
| 7. Connector | 14. Collar |

ASSEMBLY

Assemble the grill according to figure 2. At step D, make sure the two notches in the short tube engage with the two lugs inside the grill base otherwise you will not be able to fasten the clip.

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.

USING YOUR GRILL

1. Place the lid on the grill plate.
 2. Set the temperature control fully anticlockwise.
 3. Plug the temperature control into the grill and then into the power socket or extension cord.
 4. Turn the temperature control to the desired setting.
 5. When the grill reaches the required temperature, the light will go out and will then cycle on and off as the thermostat operates to regulate the temperature.
 6. When finished, set temperature control fully anticlockwise and unplug your grill.
- Check it's cooked. If you're 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.
 - Remove the cooked food with wooden or plastic tools.
 - You can grill with the lid on or off. With the lid off you can see what's happening and have full control over the grilling process. With the lid in on you waste less heat and steam building up inside will help cook the food faster.
 - Take care when you remove the lid from escaping steam and moisture falling onto the grill plate and spitting. Use oven gloves or similar protection.
 - When necessary, use an oven glove and empty the drip tray into a heatproof bowl. Wipe it with kitchen paper then replace it.

COOKING TIMES AND FOOD SAFETY

Use these times purely as a guide. They're for contact grilling fresh or fully defrosted food and have been selected based on temperature setting **5**. For more delicate foods, or if you prefer food less crispy or more rare, select one of the lower settings. 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. If you prefer well-done/ crispy food or quicker cooking times select temperature setting **4/5**. When cooking pre-packed foods, follow any guidelines on the package or label.

BEEF	MIN	SANDWICHES	MIN
fillet	5-7	cheese	2-3
loin steak	7-8	ham (cooked)	5-6
burger, 50g	5-6	roast beef (cooked)	6-7
burger, 100g	7-8	sausage (cooked)	6-7
kebabs, 25mm cube	7-8	turkey (cooked)	6-7
round steak	5-7	SNACKS	
sausages (thin)	5-6	hot dogs	2-3
sausages (thick)	7-8	quesadillas	2-3
sirloin	7-9	tacos, meat filling	6-8
T-Bone	8-9	CHICKEN/TURKEY	
LAMB		chicken breast pieces	5-7
kebabs, 25mm cube	7-8	burger, 50g, fresh/frozen	4/5
minced	6-7	burger, 100g, fresh/frozen	5/6
loin chops	4-6	kebabs, 25mm cube	7-8
SEAFOOD		thighs (chicken)	5-7
halibut steak, 12-25mm	6-8	minced	7-8
kebabs, 25mm cube	4-6	turkey breast, thin sliced	3-4
prawn	1-2	VEGETABLES	
red snapper fillet	3-5	asparagus	3-4
salmon fillet	3-4	carrots, sliced	5-7
salmon steak, 12-25mm	6-8	aubergine, slice/cube	8-9
scallops	4-6	onions, thin slice	5-6
sea bass fillet	3-5	peppers, thin slice	6-8
swordfish steak, 12-25mm	6-9	peppers, grill then skin	2-3
tuna steak, 12-25mm	6-8	whole peppers brushed with oil	8
PORK		potatoes, slice/cube	7-9
chops, 12mm	5-6	squash, slice/cube	6-8
gammon steak	5-6	FRUIT	
kebabs, 25mm cube	7-8	apple, halve/slice	6-8
minced	7-8	bananas, slice lengthwise	3-4
sausages (thin)	5-6	nectarines, halve/slice	3-5
sausages (thick)	7-8	peaches, halve/slice	3-5
tenderloin, 12mm	4-6	pineapple, slice	3-7

CARE AND MAINTENANCE

- Don't put the grill plate in a dishwasher
 - Don't let the temperature control get wet
 - Don't use harsh or abrasive cleaning agents or solvents.
 - Don't use scourers, wire wool, or soap pads.
1. Unplug the grill and let it cool before cleaning and storing away.
 2. Wipe all surfaces with a clean damp cloth. Use a paper towel moistened with a little cooking oil to remove stubborn stains.
 3. Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
 4. Take extra care with the non-stick cooking surfaces.

With use, the edges of the grill plate and the slots will lose their non-stick coatings. This is purely cosmetic, and will not affect the operation of the grill.

A FEW SIMPLE RECIPES TO GET YOU STARTED

MEXICAN BEEF AND BEAN WRAPS WITH CREAMY CORIANDER CRÈME FRAÎCHE

2 floured tortilla wraps

25g grated cheddar cheese (optional)

filling

50-75g minced beef (or soya mince)

1 small chilli

2 tsp tomato purée

1 clove garlic

½ onion

small tin (150g drained) mixed beans

1 tsp chilli powder

1 tsp ground cumin

1 tsp coriander

coriander crème fraîche

2-3 tbsp crème fraîche

squeeze lemon juice

large handful fresh coriander

freshly ground black pepper

Drain the beans, crush the garlic, deseed the chilli, finely chop the chilli and onion. Chop the fresh coriander separately.

Mix the filling ingredients together in a bowl, then spread the mixture on the preheated grill and cook for 6-8 minutes, till the meat is fully browned. Half way through, break the meat up with a wooden or plastic spatula.

Mix the crème fraîche ingredients in a serving bowl.

Spread half the cooked meat mixture on each tortillas, top with cheese (optional), roll them up, and grill for 1-2 minutes.

SOLE WITH TOMATOES

2 tsp olive oil or red wine (optional)

2 small onion, diced

2 cloves garlic, crushed

2 small tomatoes, chopped

1 tbsp fresh parsley, chopped

2 tbsp fresh chopped basil (2 tsp dried)

1 tbsp ground pepper

1 tbsp lemon juice

250g fillet of sole (or any white fish)

Sauté the onion and garlic in the oil or wine in a frying pan for 2 minutes.

Add the tomato, half of the herbs and a few grinds of pepper, then stir.

Spoon on to the preheated grill, lay the fish on top, add the lemon juice and remaining herbs, and cook for 2-3 minutes.

Put the fish and vegetables on a plate, pour the drip tray juices over the fish.

Serve with fresh bread or rice.

CHICKEN STUFFED WITH SWEET BALSAMIC RED ONION MARMALADE

2 chicken breasts	1 clove garlic (crushed)
1 large red onion	1 tsp butter
1-2 tbsp olive oil	4 tbsp balsamic vinegar
small handful flat leaf parsley	small pinch brown sugar
pinch sea salt	freshly ground white pepper

Slice the onion paper thin, chop the parsley fine, put them into a medium bowl with the garlic, balsamic vinegar, butter, oil, sugar, salt and pepper, mix, then leave this marmalade till the flavours develop (in the fridge overnight).

Cook the marmalade on a preheated grill for 4-6 minutes (to soften and caramelize the onion. Half way through, move the marmalade with a plastic or wooden spatula.

Return the marmalade to the bowl, and leave to cool fully.

Flatten the chicken breasts (10-15mm thick) with a mallet or rolling pin, brush with a little olive oil, put a tablespoon of the marmalade on each flattened breast, roll up, and secure with a wooden cocktail stick.

Cook the chicken parcels on the preheated grill for 7-9 minutes till cooked through.

Serve with grilled asparagus or green salad.

GRILLED PEPPER STUFFED WITH CREAMY RED PESTO RICE

1 medium red/yellow pepper	1 tsp olive oil
75g risotto rice	400ml boiling water
1 tsp vegetable bouillon granules	½ small onion
2 mushrooms	1 large tbsp cream cheese
2 tsp red pesto	ground black pepper
a few spring onions	

Cook the rice in the boiling water with a teaspoon of bouillon granules/stock cube.

Wash and dry the pepper, halve and deseed it, coat the outer skin in olive oil, and cook for 6-8 minutes on the preheated grill, till the skin softens.

Finely chop the half onion and mushrooms. Chop the spring onions separately.

Mix the cooked rice, chopped half onion, mushrooms, cream cheese, pesto and black pepper, spoon the mixture into the grilled pepper halves, top with the spring onion.

Return to the grill and cook for 2 minutes, till the tops are golden brown.

GEORGE FOREMAN'S POWERBURGER

375g lean minced beef
4 tbsp seasoned breadcrumbs
4 tbsp chopped vegetables – onions, courgettes, parsley, etc. (may be sautéed)

Mix 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.

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

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

GRILLED TUNA STEAK WITH A BLACK PEPPER CRUST AND LEMON TAHINI

2 fresh tuna steaks

1 beaten egg

1 tsp coarsely ground black pepper

25g flour with a pinch of salt

breadcrumbs from 1 slice of bread

lemon tahini

2 tbsp tahini paste

2 tbsp lemon juice

1 tbsp capers (finely chopped)

2 tbsp greek yoghurt or crème fraîche

zest of ½ lemon

salt and pepper to taste

Mix the lemon tahini ingredients and refrigerate, then serve with the fish as a dip.

Put the flour, egg, breadcrumbs and black pepper in separate plates. Dip the tuna steaks into the flour, beaten egg, breadcrumbs and pepper, to coat both sides. Pat the fish firmly in the pepper plate, to secure the crust.

Cook the coated tuna steaks on the preheated grill for 2-3 minutes (1-2 minutes rare).

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 230 0598 (local rate number)

Please note: If you have purchased the product within the last 6 months, please contact the retailer in the first instance to deal with any matters relating to warranty.

GUARANTEE

Defects affecting product functionality appearing within the guarantee period will be corrected by replacement or repair at our option provided the product is used and maintained in accordance with the instructions. Your statutory rights are not affected.

Guarantee period = 2 years from first retail purchase.

To claim an extra 1 year guarantee, register your product online within 28 days of purchase.

Register at: www.georgeforeman.co.uk/productregister/

Consumables are guaranteed only for their recommended lifecycle. Replacement/Spare parts* are excluded and are only covered by a 1 year warranty.

* Examples include filters, removable grill plates, drip trays/crumb trays etc.

ONLINE

www.georgeforemangrills.com for more products

REGISTER ONLINE

Register online for an EXTRA year guarantee*.

Visit www.georgeforeman.co.uk/productregister/

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