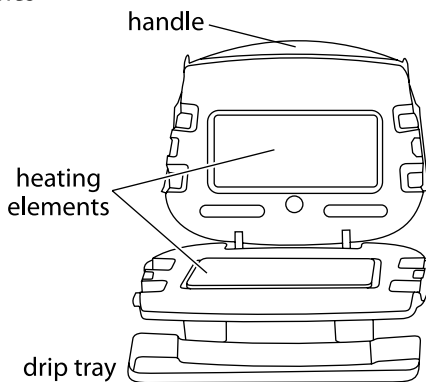
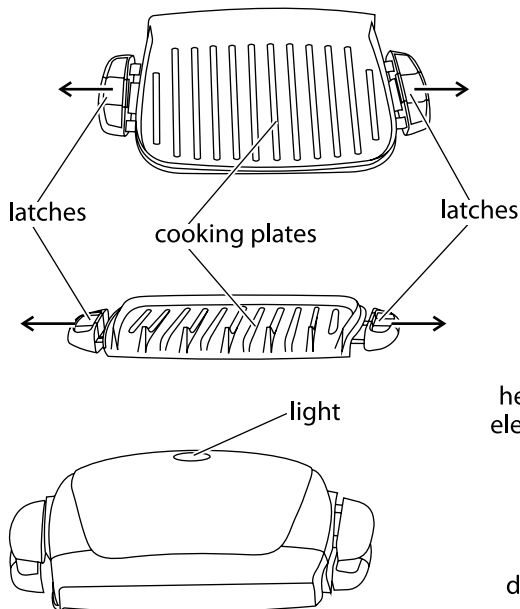


George Foreman

Lean Mean Grilling Machine



**instructions and
recipes**



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

important safeguards

Follow basic safety precautions, including:

- 1 The grill must only be used by or under the supervision of a responsible adult.
- 2 Use and store the grill out of reach of children.
- 3 Don't put the grill in liquid, don't use it in a bathroom, near water, or outdoors.
- 4 Don't use the grill unless the cooking plates are fitted.
- 5 Some parts aren't as hot as others, but they're all hot. Don't touch – use oven gloves or a folded towel.
- 6 Sit the grill on a stable, level, heat-resistant surface.
- 7 Bread, oil, and other foods may burn. Don't use the grill near or below curtains or other combustible materials, and watch it while in use.
- 8 Don't operate the grill via an external timer or remote control system.
- 9 Route the cable so it doesn't overhang, and can't be tripped over or caught.
- 10 Don't use plastic film or bags. You'll damage the grill, and cause a fire hazard.
- 11 Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.
- 12 Keep the grill and the cable away from hotplates, hobs or burners.
- 13 Unplug the grill when not in use, before moving and before cleaning.
- 14 Don't use the grill for any purpose other than cooking food.
- 15 Don't use the grill if it's damaged or malfunctions.
- 16 If the cable is damaged, return the grill, in order to avoid hazard.



household use only

before using for the first time

- 1 Wipe the cooking plates with a damp cloth.

preparation

- 2 Find your oven gloves and non-metal spatula/tongs, and have them to hand.
- 3 Prepare any garnish (cucumber, tomato, etc.), and split your buns or rolls.
- 4 Cut the food to be grilled no more than 40mm thick.
- 5 Centre the drip tray under the front of the grill, so it catches any run-off.
- 6 Open the grill, wipe the cooking plates with a little cooking oil or butter, then close it. Don't use low fat spread – it may burn on to the grill.

power up

- 7 Put the plug into the power socket.
- 8 The light will come on, then cycle on and off as the thermostat maintains the temperature.
- 9 Wait till the light is out before cooking.

fill the grill

- 10 When the light goes out, use the oven glove to open the grill.
- 11 Lay the food on the bottom cooking plate with a spatula or tongs, not fingers.
- 12 Don't use anything metal or sharp, you'll damage the non-stick surfaces.
- 13 Close the grill – the hinge is articulated to cope with thick or oddly shaped foods.
- 14 The cooking plates should be roughly parallel, to avoid uneven cooking.
- 15 Wait till the food is ready.

remove the food

- 16 Check it's cooked – if you're in any doubt, cook it a bit more.
- 17 Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.
- 18 Use the oven glove to open the grill.
- 19 Use a clean spatula or tongs to lift the food – **not the ones used with the raw food.**

finished?

- 20 Unplug the grill.

more?

- 21 Put on the 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

- 1 Unplug the grill and let it cool before cleaning and storing away.
- 2 Open the grill.
- 3 Remove one cooking plate at a time.
- 4 Grip the latches, slide the upper surfaces (they're marked with arrows and the word "RELEASE") outwards, to unlock the cooking plate, and lift it off the grill.
- 5 Remove the other cooking plate the same way.
- 6 After removal, you may wash the cooking plates in warm soapy water, or in a dishwasher.
- 7 Dry the cooking plates before replacing them on the grill.
- 8 Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.

- 9 Wipe all surfaces with a clean damp cloth. Use a paper towel moistened with a little cooking oil to remove stubborn stains.
- 10 Replace one cooking plate at a time.
- 11 Grip the latches, slide the upper surfaces outwards, replace the cooking plate on the grill, then release the latches, to lock the cooking plate in place.
- 12 Now replace the other cooking plate the same way.
- 13 Don't put the grill in water or any other liquid.
- 14 Don't use harsh or abrasive cleaning agents or solvents.
- 15 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.

beef	min	seafood	min
fillet/round steak	5-7	halibut/salmon/tuna steak, 12-25mm	6-8
sirloin	7-9	swordfish steak, 12-25mm	6-9
T-Bone	8-9	red snapper/sea bass fillet	3-5
burger, 50g	5-6	salmon fillet	3-4
burger, 100g	7-8	scallops	4-6
sausages (thin)	5-6	prawns	1-2
sausages (thick)	7-8	kebabs, 25mm cube	4-6
kebabs, 25mm cube	7-8	vegetables	
pork		asparagus	3-4
chops, 12mm	5-6	carrots, sliced	5-7
tenderloin, 12mm	4-6	aubergine, slice/cube	8-9
gammon steak	5-6	onions, thin slice	5-6
minced	7-8	peppers, thin slice	6-8
sausages (thin)	5-6	peppers, grill then skin	2-3
sausages (thick)	7-8	whole peppers brushed with oil	8
kebabs, 25mm cube	7-8	potatoes, slice/cube	7-9
chicken/turkey		squash, slice/cube	6-8
chicken breast pieces	5-7	sandwiches	
burger, 50g, fresh/frozen	4/5	cheese	2-3
burger, 100g, fresh/frozen	5/6	ham (cooked)	5-6
kebabs, 25mm cube	7-8	roast beef (cooked)	6-7
thighs (chicken)	5-7	sausage (cooked)	6-7
minced	7-8	turkey (cooked)	6-7
turkey breast, thin sliced	3-4		

snacks	min	fruit	min
calzone	8-9	apple, halve/slice	6-8
hot dogs	2-3	bananas, slice lengthwise	3-4
quesadillas	2-3	peaches/nectarines, halve/slice	3-5
tacos, meat filling	6-8	pineapple, slice	3-7

a few recipes to get you started

- Pre-heat the grill for 5 minutes before cooking.
- When times are shown as a range (e.g. 5-7 minutes), we suggest you wait for the minimum time to pass, then start checking the food for readiness.

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 red onion, red pepper, balsamic vinegar and black pepper in a bowl.

Grill the mixture till softened (1-2 minutes), and lay it on a slice of bread.

Tear the feta apart, sprinkle over the mixture, and top with the other slice of bread.

Clean the grill, and grill the panini for 2-3 minutes.

Serve with a watercress & tomato salad.



Santa Fé veggie-burgers

serves 2

- ½ cup steamed white rice
- 4 tbsp canned corn kernels
- ½ green pepper, seeded
- ½ small white onion
- ½ tsp fresh ground black pepper
- ½ tsp lemon juice
- ½ tsp chilli powder
- 2 wholegrain hamburger buns
- non-fat cooking spray

Process combine the rice, corn, green pepper, onion, pepper, juice & chilli powder to a coarse, mealy texture.

Shape the mixture into 2 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.



Mediterranean beef & vegetable grill

serves 2

- 250g/½lb hindquarter flank steak
- 1 small/baby courgette, cut into 4 pieces
- 1 small tomato, cut into 4 pieces
- 1 small onion, cut into 4 pieces
- ½ green pepper, cut into 4 pieces
- 1 tsp balsamic vinegar
- ½ tsp fresh ground black pepper
- ½ tsp garlic granules
- 4 wooden skewers, soaked in water then patted dry

Mix the vinegar, pepper and garlic granules in a bowl.

Freeze the steak for 30 minutes to make it easy

to cut, then cut it into thin strips, across the grain, discarding any fat.

Thread 2 skewers through the steak strips, and the other 2 through the vegetables.

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 2

- 1 boneless, skinless chicken breast
- 250g/½lb fresh whole mushrooms
- ½ tsp dried rosemary
- 1 tsp dried parsley
- ¼ tsp dried thyme
- 2 tbsps lemon juice
- 1 tbsps white vinegar
- 2 tbsps nonfat chicken broth
- ½ tsp black pepper
- 4 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 & pepper in the dish.

Cut the chicken into 25mm/1" cubes, add the cubes to the dish, and turn till they're well coated.

Add the mushrooms, and turn very gently, so you don't break them apart.

If the mushrooms are big, remove the stalks, then cut the heads into two, and cut the stalks half way down their lengths.

Cover and refrigerate for 4-12 hours, turning occasionally.

Thread the chicken and mushrooms on the skewers, and grill till the chicken is cooked through (5-7 minutes).

Discard the marinade.



sausage & herb stuffed pork

serves 2

- 125g/¼lb low-fat sausage, uncooked
- 4 tbsp fresh breadcrumbs
- 1 tbsp fresh parsley
- ¼ tsp thyme
- ¼ tsp marjoram
- ½ tsp fresh ground black pepper
- 1 whole pork tenderloin (fillet)
- 4 cocktail sticks, soaked in water then patted dry

Remove the sausage casings, and mix the sausage meat, breadcrumbs, parsley, thyme, marjoram & 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 & stuffing are cooked through (6-8 minutes).



chicken tandoori with yogurt-based marinade

serves 2

- 1 boneless, skinless chicken breast
- 100-125g (small carton) plain low-fat yogurt
- 1 tsp lemon juice
- 1 tsp paprika
- 1 garlic clove, minced
- ¼ tsp ground ginger
- ¼ tsp cumin
- ¼ tsp cayenne pepper
- ¼ 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 pepper & cinnamon in the dish.

Cut the 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.



the original burger

- 250g/½lb lean minced beef
- ½ tbs Worcestershire sauce
- ½ tsp black pepper
- 1 small red onion
- 2 wholegrain burger buns
- tomato, lettuce, dill pickles, etc. to garnish

Combine the mince, Worcestershire sauce and pepper, and shape into 2 burgers.

Slice the onion into rings.

Grill the burgers for 4 minutes, top with the onion rings, then grill for 3-4 minutes more.

Serve the burgers on the buns with your choice of garnish (tomato, lettuce, dill pickles, etc.).



serves 2

smoked mackerel panini with tomatoes and crème fraiche

- 2 small cooked smoked mackerel fillets
- 2 thick slices wholegrain/wholewheat
- 4 cherry tomatoes, halved
- 1 large handful watercress

dressing

- 2 tbs reduced fat crème fraiche
- 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.



serves 1

healthy pizza pitta pocket

- 1 slice lean ham or turkey (cooked)
- 25g/1oz reduced fat mozzarella
- 1 wholemeal pitta bread
- 1 tomato, thinly sliced
- 1 mushroom, thinly sliced
- ¼ small onion, thinly sliced
- 1 tbs sweetcorn
- ¼ green pepper, diced
- 1 tsp tomato purée
- ½ tsp olive oil
- ½ 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.



serves 1

goujons of fish with carrot sticks and sweet potato wedges

serves 1

- 1 tuna, cod or salmon steak
- 1 small carrot
- 1 small sweet potato
- 25g/1oz wholemeal flour
- 1 egg white
- breadcrumbs from 1 slice 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 into a bowl.

Cut the sweet potato in half, and keep on halving the potato pieces till you've reduced it to 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 olive oil.

Cut the carrot into sticks about the same width as the thick ends of the potato wedges.

Toss the carrot sticks in the bowl to coat them.

Put the wedges and sticks on the grill, and cook for 4 minutes.

Meantime, mix the flour, curry powder and pepper on a plate.

Put the egg white on another plate, and whip lightly with a fork.

Put the breadcrumbs on a third plate.

Cut the fish into goujons (fingers).

Dip the fish goujons into the seasoned flour, then 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.



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, cool, and cut into strips.

Wash and dry the spinach, wilt the leaves for 20-30 seconds, then dry with kitchen paper.

Mix the cream cheese and spinach in a bowl, and 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.



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.

vanilla fruit kebabs with a quick creamy dip

serves 2

- small tin of pineapple chunks
- 1 small orange
- 1 banana
- 1 peaches or nectarines
- ½ tsp brown sugar
- 2 tbsp orange juice
- 1 small tub fruit fromage frais
- ½ tsp vanilla extract
- 4 wooden skewers, soaked in water then patted dry



Cut the fruit into chunks and marinate in the orange juice, brown sugar, and half of the vanilla extract, for about 10 minutes.

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

quick & easy grilled bananas

- 2 bananas, peeled
- 2 tbsp walnuts, finely chopped
- 2 tbsp sugar
- ½ tsp cinnamon

Finely chop the walnuts, and mix them with the sugar and cinnamon in a bowl.

Split the bananas lengthwise, then cut them across their width.

Lay the bananas on the grill, with the 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

- 1 piece low-fat shortcake (cut to fit the grill)
- 2 tbsp maple syrup
- 1 cup fresh strawberries, cleaned & sliced
- 4 tbsp cup non-fat whipped cream topping

Brush the shortcake with the maple syrup, and leave it for a while to let the syrup soak into the shortcake.

Grill the shortcake for 3-5 minutes.

Remove from the grill, cut into 2 or 4 pieces, and top with strawberry slices and whipped topping.

serves 2



serves 2-4

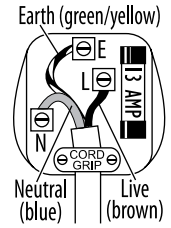


connection

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 Returns (address below right).

Customer Service

(correspondence only)
Salton Europe Ltd
Failsworth
Manchester
M35 0HS

Customer Returns

Salton Europe Ltd
Heath Mill Road
Wombourne
Wolverhampton
WV5 8AQ

Customer Service (service@saltoneurope.com)
telephone 0845 658 9700 (local rate number)

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.

online

www.georgeforemangrills.co.uk