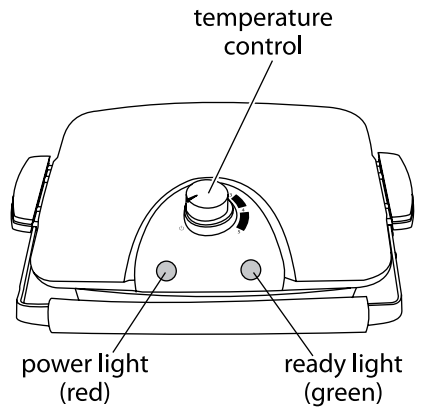
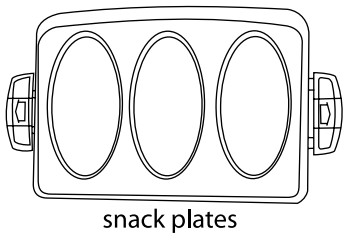
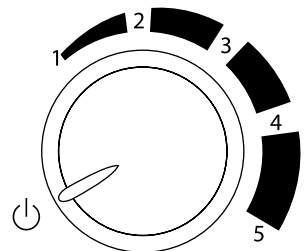
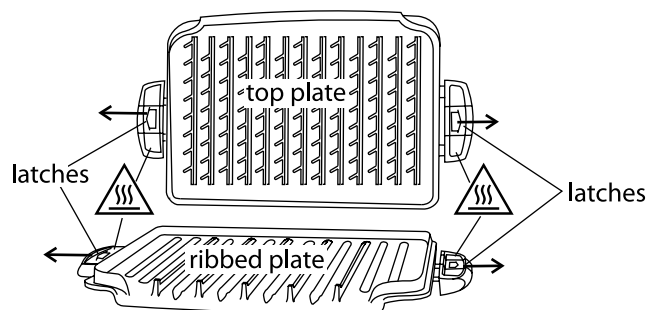
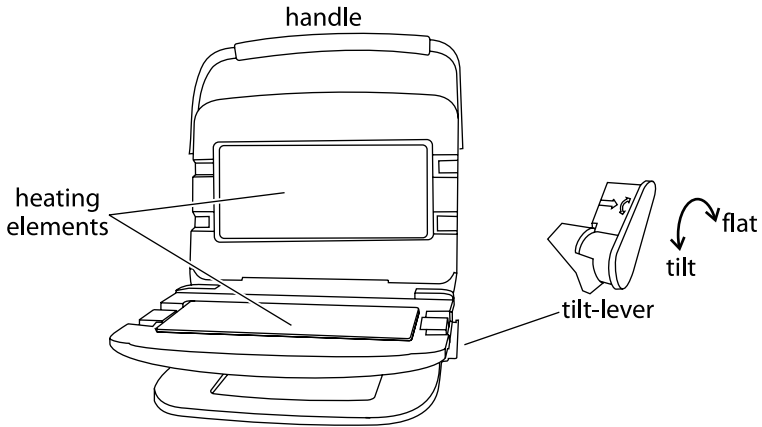


George Foreman

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 This grill must only be used by or under the supervision of a responsible adult. Use and store the grill out of reach of children.
- 2 Don't put the grill in liquid, don't use it in a bathroom, near water, or outdoors.
- 3 Don't use the grill unless the grill plates are fitted.
- 4 Some parts aren't as hot as others, but they're all hot. Don't touch – use oven gloves or a folded towel.
- 5 Look out for this “caution – hot surface” symbol.
- 6 Sit the grill on a stable, level, heat-resistant surface, near a power socket.
- 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 This appliance must not be operated by 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 wrap food in plastic film, polythene bags, or metal foil. You'll damage the grill and you may 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, to avoid hazard.



household use only

before using for the first time

- 1 Wipe the grill plates with a damp cloth.

which grill plates to use?

- 2 Decide which grill plates you want to use.
- 3 Top plate – this must be fitted to the top element when the ribbed plate or flat plate is fitted to the bottom element.
- 4 Ribbed plate – to grill meat, sausages, and anything that might give off fat.
- 5 Flat plate – for non-fatty items, for baking, and for things like eggs, that need a flat surface.
- 6 Snack plates – for omelettes, filled pancakes, filled pittas, small calzone, and batters (like Yorkshire pudding).
- 7 These plates must be used as a pair, on both the top and bottom elements.
- 8 All top plates are marked “UPPER” on the side that faces the element.
- 9 All bottom plates are marked “LOWER” on the side that faces the element.
- 10 The flat sides of the plates must be towards the hinges.
- 11 Don't try to fit the plates the wrong way round, you'll damage the grill.

removing the grill plates

12 Remove one plate at a time.

13 Grip the latches, slide the upper surfaces (they're marked with arrows and the word "RELEASE") outwards, to unlock the grill plate, and lift it off the grill.

14 Now remove the other plate the same way.

replacing the grill plates

15 Replace one plate at a time.

16 Grip the latches, slide the upper surfaces outwards, replace the grill plate on the grill, then release the latches, to lock the grill plate in place.

17 Now replace the other plate the same way.

tilted or flat?

18 You must decide whether you want the grill tilted, so that fat and juices run down to the drip tray, or flat, for eggs, and other "runny" foods.

caution keep your hands away from the body of the grill, it may be hot.

19 To tilt the grill:

a) close the grill and grip the handle with one hand

b) use the other hand to pull the tilt-lever out from the side of the grill, and rotate it towards the front of the grill

c) now let the tilt-lever spring back towards the grill

20 To use the grill flat:

a) close the grill and grip the handle with one hand

b) use the other hand to pull the tilt-lever out from the side of the grill, and this time rotate it towards the rear of the grill

c) now let the tilt-lever spring back towards the grill

preparation

21 Prepare any garnish (cucumber, tomato, etc.), and split your buns or rolls.


22 Cut the food to be grilled no more than 40mm thick.

23 If you're using the snack plates, prepare your ingredients.

24 Centre the drip tray under the front of the grill, so it catches any run-off.

25 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.

26 Turn the temperature control to .

grilling

27 Put the plug into the power socket.

28 The power light (red) will come on, and will stay on as long as the grill is connected to the electricity supply.

29 Turn the temperature control to the temperature you require.

30 The ready light (green) will come on.

31 The ready light (green) will go off when the grill reaches working temperature, then cycle on and off as the thermostat maintains the temperature.

32 Wait till the ready light (green) is out before cooking.


fill the grill

- 33 Lay the food on the bottom grill plate with a spatula or tongs, not fingers.
- 34 Don't use anything metal or sharp, you'll damage the non-stick surfaces.
- 35 Close the grill. The hinge is articulated to cope with thick or oddly shaped foods.
- 36 The grill plates should be roughly parallel, to avoid uneven cooking.
- 37 Wait till the food has cooked.

remove the food

- 38 Check it's cooked. If you're in doubt, cook it a bit more.
- 39 Use the oven glove to open the grill.
- 40 Remove the cooked food with wooden or plastic tools.

finished?

- 41 Turn the temperature control to .
- 42 Unplug the grill.

more?

- 43 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

- 44 Unplug the grill and let it cool before cleaning and storing away.
- 45 Open the grill.
- 46 Remove one grill plate at a time.
- 47 After removing the grill plates, you may wash them in warm soapy water, or in a dishwasher.
- 48 Wipe all surfaces with a clean damp cloth. Use a paper towel moistened with a little cooking oil to remove stubborn stains.
- 49 Dry the grill plates before replacing them on the grill.
- 50 Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
- 51 Don't put the grill in water or any other liquid.
- 52 Don't use harsh or abrasive cleaning agents or solvents.
- 53 Don't use scourers, wire wool, or soap pads.
- ★ At the places 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.

cooking times & food safety

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

a few simple recipes to get you started

Fit the plates and put the grill into either the tilted or flat positions before heating.

snack plates (flat position)

plain omelette

3 omelettes

- 5 medium eggs
- 3 knobs butter
- 4 tsp water
- pinch salt and pepper

- Preheat the grill at 3.
- Beat the eggs in a jug and mix in the water, salt and pepper.
- Put a knob of butter in each compartment of the bottom snack plate and leave to melt for about 10 seconds.
- Pour the egg mixture into the 3 compartments, close the lid and cook for 9 minutes.
- Remove the omelettes with a plastic spatula.

cheese & ham omelette

3 omelettes

- 4 medium eggs
- 70g ham, roughly chopped
- 50g grated cheddar cheese
- 3 knobs butter
- 4 tsp water
- pinch salt and pepper

- Preheat the grill at 3.
- Beat the eggs in a jug and mix in the water, ham, cheese, salt and pepper.
- Put a knob of butter in each compartment of the bottom snack plate and leave to melt for about 10 seconds.
- Pour the egg mixture into the 3 compartments, close the lid and cook for 9 minutes.
- Remove the omelettes with a plastic spatula.

pancakes

3 pancakes

- 1 medium egg
- 40g plain flour
- 200ml milk
- 3 knobs butter
- pinch salt

- Preheat the grill at 5.
- Put the flour in a bowl and make a well in the centre.
- Put the egg, milk and salt into the well and slowly combine with the flour.
- When combined, beat with a wooden spoon till it's free of lumps.
- Beat the eggs in a jug and mix in the water, ham, cheese, salt and pepper.
- Put a knob of butter in each compartment of the bottom snack plate and leave to melt for about 10 seconds.
- Pour the batter into the 3 compartments, close the lid and cook for 3 minutes.
- Open the lid, turn the pancakes with a plastic spatula, close the lid, and cook for a further 3 minutes
- Remove the pancakes with a plastic spatula.

Yorkshire puddings

3 puddings

- 1 medium egg
- 75g plain flour
- 75ml milk
- 3 knobs dripping or lard
- 55ml water
- pinch salt and pepper

- Preheat the grill at 5.
- Put the flour in a bowl and make a well in the centre.
- Put the egg, milk, water, salt and pepper into the well and slowly combine with the flour.
- When combined, beat with a wooden spoon till it's free of lumps.
- Put a knob of dripping or lard in each compartment of the bottom snack plate and leave to melt for about 10 seconds.
- Pour the batter equally into the 3 compartments, close the lid and cook for 10 minutes.
- Remove the puddings with a plastic spatula.

top plate and flat plate (flat position)

French toast (eggy bread)

2 slices

- 2 medium eggs
- 2 slices bread
- 60ml milk
- 1 tbsp vegetable oil
- pinch salt and pepper

- Preheat the grill at 5.
- Beat the eggs in a large bowl and mix in the milk, salt and pepper.
- Put a slice of bread into the bowl, and coat both sides with the egg mixture.
- Do the same for the other slice.
- Brush the top plate lightly with oil, then pour the rest of the oil into the flat plate.
- Lay both slices of bread on the flat plate, close the lid and cook for 4 minutes.
- Open the lid, flip the bread slices over with a plastic spatula, close the lid, and cook for a further 4 minutes.
- Remove the French toast with a plastic spatula.

smoked haddock fishcakes

6 cakes/serves 2

- 200g smoked haddock fillet
- 220g potatoes, peeled and quartered
- 4 spring onions, finely chopped
- 1 handful fresh parsley, chopped
- 1 medium egg
- 1 tsp Dijon mustard
- 1 tbsp milk
- 1 tbsp vegetable oil
- pinch pepper and nutmeg

- Preheat the grill at 5.
- Boil the potatoes in lightly salted water till soft, drain, put them into a large bowl, and mash with a fork.
- Cook the haddock in a covered dish with 2 tablespoons of water in a microwave for 1½-2 minutes, or poach it in a pan.
- It's ready when the flesh has turned opaque.
- Flake the fish and remove the skin.
- Add the fish, spring onions, Dijon mustard, fresh parsley, milk, egg, pepper and nutmeg to the mashed potatoes, and mix thoroughly.
- Brush the top plate lightly with oil, then pour the rest of the oil into the flat plate.
- Drop a tablespoon of the mixture onto the lower grill plate and flatten slightly with a plastic spatula.
- Repeat 5 times, till 6 fishcakes are on the lower plate and the mixture is used up.
- Close the lid and cook for 4 minutes.
- Turn the fishcakes over with a plastic spatula, close the lid and cook for a further 4 minutes.
- Remove the fishcakes from the grill with a plastic spatula.

top plate and ribbed plate (tilted position)

fillet steak with field mushrooms and mustard

serves 2

- 2 fillet steaks
- 2 field (or breakfast) mushrooms
- 2 tsp Dijon mustard

- Preheat the grill at 5.
- Put the steaks and mushrooms on the ribbed plate.
- Close the lid and cook for 2 minutes (rare) to 6 minutes (well done).
- Spread a teaspoon of mustard over each steak.
- Use a plastic spatula to turn the mushrooms over and lay one on top of each steak.
- Close the lid and cook for a further 2 minutes.
- Remove the steaks with a plastic spatula.

chicken with mozzarella and basil, wrapped in bacon

serves 2

- 2 chicken breasts
- 2 rashers back bacon
- 75g mozzarella cheese
- 10 basil leaves

- Preheat the grill at 5.
- Slice the mozzarella cheese.
- Slice each chicken breast along its length to create a pocket, and put half of the cheese and basil inside each breast.
- Wrap a rasher of bacon around each chicken breast.
- Close the lid and cook for 10-14 minutes.
- Remove the chicken with a plastic spatula.

notes

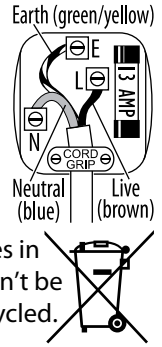
notes

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

wheelie bin symbol

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:

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