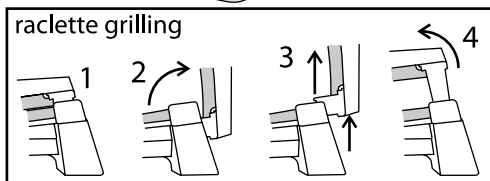
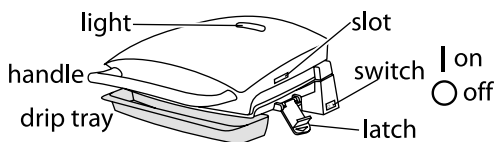
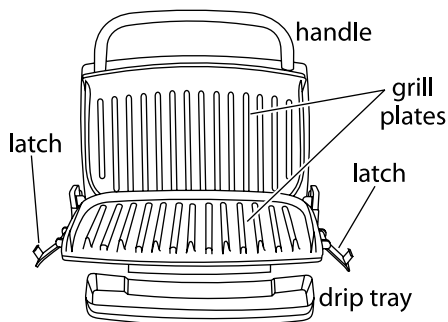


George Foreman

Lean Mean Grilling Machine



**instructions and
recipes**



Read the instructions and keep them safe. Pass on the instructions if you pass the grill on. Remove all packaging, but keep it till you're satisfied the grill is working.

important safeguards

Follow basic safety precautions, including:

- 1 This grill must only be used by or under the supervision of a responsible adult.
- 2 Don't put the grill in liquid, don't use it in a bathroom, near water, or outdoors.
- 3 Some parts won't get as hot as others, but they'll all get hot. Use oven gloves or a folded towel, not fingers.
- 4 Sit the grill on a stable, level, heat-resistant surface.
- 5 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.
- 6 This appliance must not be operated by an external timer or remote control system.
- 7 Route the cable so it doesn't overhang, and can't be tripped over or caught.
- 8 Don't wrap food in plastic film, polythene bags, or metal foil. You'll damage the grill and you may cause a fire hazard.
- 9 Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.
- 10 Keep the grill and the cable away from hotplates, hobs or burners.
- 11 Unplug the grill when not in use, and let it cool down before moving or cleaning.
- 12 Don't use the grill for any purpose other than cooking food.
- 13 Don't use the grill if it's damaged or malfunctions.
- 14 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 Centre the drip tray under the front of the grill, so it catches any run-off.
- 3 Grip the tops of the latches, pull them out of their slots, and open the grill.
- 4 Wipe the cooking plates with a little cooking oil or butter, then close the grill. Don't use low fat spread – it may burn on to the grill.
- 5 Put the plug into the power socket and press | to switch on.
- 6 The light will cycle on and off as the thermostat maintains the temperature.
- 7 Wait till the light is out before cooking.

fill the grill

- 8 When the light goes off, use an oven glove to open the grill.
- 9 Lay the food on the bottom cooking plate with a spatula or tongs, not fingers.
- 10 Don't use anything metal or sharp, you'll damage the non-stick surfaces.

contact grilling

- 11 Simply bring the handle forward, to close the grill on the food.
- 12 The hinge is articulated to cope with thick or oddly shaped foods.
- 13 The cooking plates should be roughly parallel, to avoid uneven cooking.
- 14 Contact grilling tends to be faster, as both grill plates are in contact with the food.

raclette grilling

- 15 Use the handle to lift the lid straight up, to bring the hinges to the top of their travel, then pull it gently forward, as you close it, to leave a gap between the cooking plates.
- 16 Raclette grilling tends to be a bit slower, as the upper cooking plate is clear of the food, but it has the advantage that you can grill things you don't want to squash, like cheese on toast, or tomatoes.

check that the food is cooked

- 17 Whichever cooking mode you use, check that the food is cooked through before serving.
- 18 If you're in doubt, cook it a bit more.
- 19 Cook meat, poultry, and any derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.

remove the food

- 20 Use the oven glove to open the grill.
- 21 Use wooden or plastic tools to remove the food.

finished?

- 22 Switch off (○) and unplug the grill.

more?

- 23 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

- 24 Switch off (○), unplug the grill and let it cool before cleaning and storing away.
- 25 Wipe all surfaces with a clean damp cloth. Use a paper towel moistened with a little cooking oil to remove stubborn stains.
- 26 Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
- 27 Take extra care with the non-stick cooking surfaces.
- 28 Don't put the grill in water or any other liquid.
- 29 Don't use harsh or abrasive cleaning agents or solvents.
- 30 Don't use scourers, wire wool, or soap pads.
- 31 If you close the grill, and push the latches into the slots, it can be stored upright, to save space.

cooking times & food safety

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

contact grilling

grilled pepper stuffed with creamy red pesto rice

- 1 medium red/yellow pepper
- 75g risotto rice
- 2 mushrooms
- ½ small onion
- 1 large tbsp cream cheese
- 2 tsp red pesto
- 1 tsp olive oil
- 1 tsp vegetable bouillon granules
- 400ml boiling water
- 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.

chicken stuffed with sweet balsamic red onion marmalade

- 2 chicken breasts
- 1 large red onion
- small handful flat leaf parsley
- 1 clove garlic (crushed)
- 1 tsp butter
- 1-2 tbsp olive oil
- 4 tbsp balsamic vinegar
- 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 & 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.

sole with tomatoes

- 250g fillet of sole (or any white fish)
- 2 small onions, diced
- 2 cloves garlic, crushed
- 2 small tomatoes, chopped
- 1 tbsp fresh parsley, chopped
- 2 tbsp fresh chopped basil (½ tsp dried)
- 1 tbsp ground pepper
- 1 tbsp lemon juice
- 2 tsp olive oil or red wine (optional)

- 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.

spicy Mexican beef & 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
- 1 clove garlic
- ½ onion
- small tin (150g drained) mixed beans
- 2 tsp tomato purée
- 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.

grilled tuna steak with a black pepper crust served with lemon tahini

2 fresh tuna steaks
breadcrumbs from 1 slice of bread
25g flour with a pinch of salt
1 beaten egg
1 tsp coarsely ground black pepper

lemon tahini

1 tbsp capers (finely chopped)
2 tbsp greek yoghurt or crème fraîche
2 tbsp tahini paste
2 tbsp lemon juice
zest of ½ lemon
salt & 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).

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.

raclette grilling

triple cheese and garlic mushroom melt

- 1 mini-baguette, crusty roll or ciabatta
 - 3-4 button mushrooms (thinly sliced)
 - 25g grated mature cheddar
 - 25g grated mozzarella
 - 25g grated gruyere or emmental
 - 1 clove garlic (crushed)
 - small handful flat leaf parsley (chopped)
 - olive oil (or flavoured oil e.g. basil, chilli)
- Split the bread, drizzle the cut sides with the oil, then smear with the crushed garlic.
 - On one piece, put the three cheeses, then the parsley, then the mushrooms.
 - Put the other piece on top, then grill for 3-4 minutes, till the cheese has melted.

granary bread panini with smoky bacon, Stilton and toasted walnuts

- 2 thick slices of granary, wholemeal, or walnut bread)
 - 50g crumbled Stilton
 - 2 rashers smoky bacon
 - 2-4 walnuts
 - 1 tsp olive oil or butter
 - small handful rocket leaves to serve
- Roast the walnuts on a hot grill for 1-2 minutes, cool slightly, then chop roughly.
 - Cook the bacon on the grill for 2-4 minutes till crisp, then dry on kitchen towel.
 - Drizzle each bread slice with olive oil or spread with butter, top one slice with Stilton, bacon and walnuts, put the other slice on top, and grill for 3 minutes.
 - Serve with rocket leaves.

grilled steak sandwich with horseradish, baby tomatoes and watercress

- 1 sirloin steak
 - 2-3 sliced baby plum tomatoes
 - 2 thick slices crusty bread
 - small handful watercress
 - 2 tsp horseradish sauce
 - black pepper
- Cook the sirloin steak on the hot grill for 2-3 minutes till cooked through, remove and rest on kitchen paper for 5 minutes.
 - Spread horseradish sauce on both slices of bread, top one slice with the steak, tomatoes and watercress, season with black pepper, put the other slice on top, and grill for 2 minutes, till the bread is warmed through and crispy.

toasted bagel with garlic mayonnaise tuna, peppers and sweetcorn

2 bagels

1 tin tuna (drained)

2 tbsp garlic mayonnaise

2 tbsp chopped red pepper

2 tbsp chopped green pepper

1 tbsp sweetcorn

white pepper

- Split the bagels and lay them split side down on the hot grill for 1-2 minutes.
- Mix the tuna, mayonnaise, peppers and sweetcorn, and season with white pepper.
- Make sandwiches of the bagels and tuna mixture, then grill for 2-3 minutes.

bits and bobs

frozen garlic baguette

Cook half a frozen garlic baguette on the hot grill for about 7 minutes (don't overcook, to prevent the garlic butter leaking).

frozen French bread pizza

Cook French bread pizza on the hot grill for 10-12 minutes till heated through.

cheese on toast

Grill bread topped with grated cheese for 5-6 minutes, till the cheese melts.

your recipe ideas

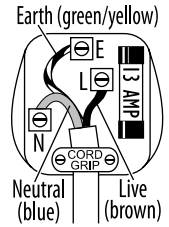
your recipe ideas

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