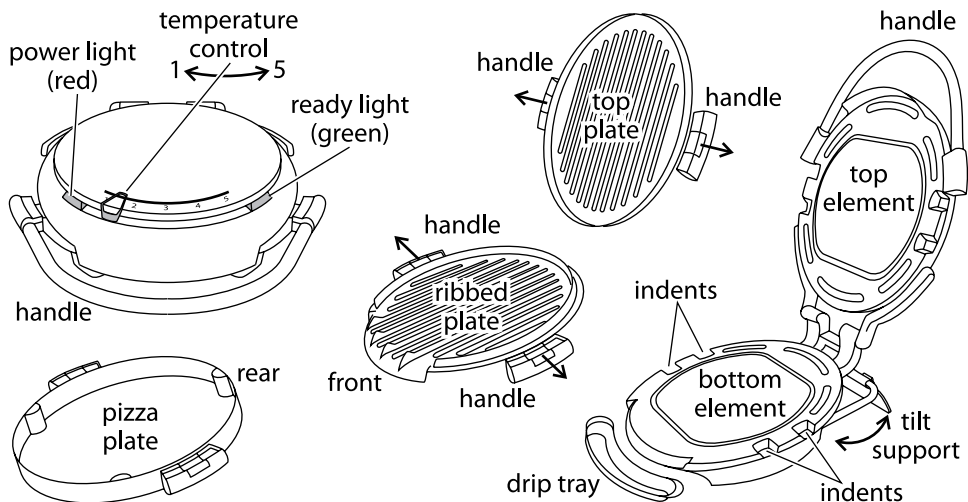


George Foreman

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 grill plates are fitted to both elements.
- 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 or polythene bags. 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.

top plate this must be fitted to the top element, whether the ribbed plate or pizza plate is fitted to the bottom element

ribbed plate to grill meat, sausages, and anything that might give off fat

pizza plate for non-fatty items, for baking, and for things like eggs, omelettes, filled pancakes, filled pittas, small calzone, and batters (like Yorkshire pudding) that need a flat surface

the grill plates

3 The top plate is marked "UP" on the side that faces the element. Fit it to the top element, with the "UP" on your right – it won't fit the other way round.

4 Fit the ribbed plate to the bottom element, with the overhang at the front.

5 The pizza plate has three pillars round its edges. Fit it to the bottom plate, with the single pillar at the rear.

fitting the grill plates

6 Fit one plate at a time.

a) grip the handles at either side of the plate

b) slide the centre upper parts of the handles outwards (they're marked with an arrow and the word "RELEASE")

c) fit the plate over the element, with the handles over the indents

d) release the handles, to lock the plate in place

e) fit the other plate the same way

removing the grill plates

7 Remove one plate at a time.

a) grip the handles

b) slide the centre upper parts of the handles outwards

c) lift the plate off the grill

d) remove the other plate the same way

tilted or flat?

8 Decide whether you want the grill tilted, so that fat and juices run down to the drip tray, or flat, for eggs, pizza, and other "runny" foods.

caution don't touch the body of the grill, it may be hot – use oven gloves

9 To tilt the grill:

a) close the grill

b) push the handle down, towards the work surface, to raise the rear of the grill

c) use the other hand to pull the tilt support out from under the rear of the grill

d) release the handle, to lower the rear of the grill and rest the tilt support on the work surface

10 To use the grill flat:

a) close the grill

b) push the handle down, towards the work surface, to raise the rear of the grill

c) use the other hand to push the tilt support under the rear of the grill

d) release the handle, to lower the rear of the grill on to the work surface

preparation

- 11 Centre the drip tray under the front of the grill, so it catches any run-off.
- 12 Open the grill, wipe the 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

- 13 Put the plug into the power socket (switch the socket on, if it's switchable).
- 14 The power light (red) will come on, and will stay on as long as the grill is connected to the electricity supply.
- 15 The ready light (green) will come on. It'll go off when the grill reaches working temperature, then cycle on and off as the thermostat maintains the temperature.
- 16 Slide the temperature control to the setting you need – from 1 (low) to 5 (high).
- 17 Wait till the ready light (green) is out before cooking.

fill the grill

- 18 Put on your oven gloves, open the grill, and lay the food on the bottom plate.
- 19 Use a spatula or tongs, not fingers.
- 20 Don't use anything metal or sharp, you'll damage the non-stick surfaces.
- 21 Close the grill. The hinge is articulated to cope with thick or oddly shaped foods.
- 22 The plates should be roughly parallel, to avoid uneven cooking.
- 23 Wait till the food has cooked.

remove the food

- 24 Open the grill – use the oven gloves.
- 25 Check the food is cooked – if you're in any doubt, cook it a bit more.
- 26 Cook meat, poultry, and any derivatives (mince, burgers, etc.) till the juices run clear.
- 27 Cook fish till the flesh is opaque throughout.
- 26 Remove the cooked food with wooden or plastic tools.

finished?

- 28 Unplug the grill (switch the socket off first, if it's switchable).

more?

- 29 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

- 30 Unplug the grill and let it cool before cleaning and storing away.
 - 31 Open the grill.
 - 32 Remove one plate at a time.
 - 33 After removing the plates, wash them in warm soapy water, or in a dishwasher.
 - 34 Wipe all surfaces with a clean damp cloth. Use a paper towel moistened with a little cooking oil to remove stubborn stains.
 - 35 Dry the plates before replacing them on the grill.
 - 36 Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
 - 37 Don't put the grill in water or any other liquid
 - 38 Don't use abrasive cleaning agents, solvents, scourers, wire wool, or soap pads.
- ★ 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 setting 4 or above, using the top plate and the ribbed plate. 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	lamb	min
beef			
fillet	5-7	kebabs, 25mm cube	7-8
loin steak	7-8	minced	6-7
burger, 50g, fresh	5-6	loin chops	4-6
burger, 100g, fresh	7-8	toasted sandwiches	
burger, 200g, fresh	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 – steaks (25mm)	
T-Bone	8-9	halibut, salmon, swordfish, tuna	6-9
fruit		seafood – fillets (12mm)	
apple, halve/slice	6-8	red snapper, salmon, sea bass	3-5
bananas, slice lengthwise	3-4	seafood	
nectarines/peaches, halve/slice	3-5	kebabs, 25mm cube	4-6
pineapple, slice	3-7	langoustines, prawns	1-2
pork		scallops	4-6
burger, 50g, fresh	5-6	snacks	
burger, 100g, fresh	7-8	calzone	8-9
chop, 12mm	5-6	hot dogs	2-3
gammon steak	5-6	quesadillas	2-3
kebabs, 25mm cube	7-8	tacos, meat filling	6-8
sausages (thin)	5-6	vegetables	
sausages (thick)	7-8	asparagus	3-4
tenderloin, 12mm	4-6	carrots, sliced	5-7
chicken/turkey		aubergine, slice/cube	8-9
chicken breast pieces	5-7	onions, thin slice	5-6
burger, 50g, fresh	4	peppers, thin slice	6-8
burger, 100g, fresh	5	peppers, grill then skin	2-3
kebabs, 25mm cube	7-8	whole peppers brushed with oil	8
thighs (chicken)	5-7	potatoes, slice/cube	7-9
turkey breast, thin sliced	3-4	squash, slice/cube	6-8

a few recipes to get you started

- Oil the plates, preheat the grill, then cook at a setting of 4 or above.
- 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.

top plate and ribbed plate (grill tilted)

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 fraiche

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 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.



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 tbsps 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 grill and tomato salad.



quick and easy grilled bananas

serves 2

- 2 bananas, peeled
- 2 tbsps walnuts, finely chopped
- 2 tbsps 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 marinade 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.



top plate and pizza plate (grill flat)

French toast (eggy bread)

2 slices

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

Use setting 5

Beat the eggs in a bowl, then beat in the milk, salt and pepper. Coat both sides of each slice of bread with the mixture. Brush the top plate lightly with oil, then pour the rest of the oil into the pizza plate. Lay both slices of bread on the pizza plate, close the lid, and cook for 4 minutes. Open the lid, turn the bread with a plastic spatula, close the lid, and cook for a further 4 minutes.

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

Use setting 5.

Boil the potatoes in lightly salted water till soft, drain, and mash. Poach the fish in a pan. When the flesh becomes opaque, flake the fish, and discard the skin. Mix the fish, spring onions, Dijon mustard, fresh parsley, milk, egg, pepper and nutmeg with the mashed potatoes.

Brush the top plate lightly with oil, then pour the rest of the oil into the pizza plate.

Divide the mixture into 6 portions, roll each into a ball, then flatten into cakes. Lay the cakes on the pizza plate with a plastic spatula. Close the lid, and cook for 4 minutes. Open the lid, turn the fishcakes with a plastic spatula, close the lid, and cook for a further 4 minutes.

plain omelette

serves 3-6

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

Use setting 3.

Beat the eggs in a jug, then beat in the water, salt and pepper. Put a knob of butter in the pizza plate and let it melt. Pour in the egg mixture, close the lid, and cook for 9 minutes.

cheese & ham omelette

serves 3-6

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

Use setting 3.

Beat the eggs in a jug and mix in the water, ham, cheese, salt and pepper. Put a knob of butter in the pizza plate and let it melt. Pour in the egg mixture, close the lid, and cook for 9 minutes.

pancakes

2-3 pancakes

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

Use setting 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. Put a knob of butter in the pizza plate and let it melt. Pour in enough batter to cover the bottom, close the lid, and cook for 3 minutes. Open the lid, turn the pancake with a plastic spatula, close the lid, and cook for a further 3 minutes.

Yorkshire pudding

serves 2-4

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

Use setting 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 the pizza plate and let it melt. Pour in the batter, close the lid and cook for 10 minutes.

pizza dough

2-3 pizzas

- 500g strong white flour (or 400g strong flour and 100g fine semolina)
- 250ml lukewarm water
- 1½ tsp dried yeast
- 1½ tbsp olive oil
- 1½ tsp sugar
- 1½ tsp salt

Use setting 5.

Sift the flour into a bowl and add the yeast, sugar and salt. Add the water and oil and mix till the dough is fully incorporated and smooth in texture. Cover the bowl with a damp tea towel or cling film and let it rest in a warm place for about half an hour.

Remove the dough and knead by hand for a few minutes.

Cut the dough in half, roll out into circles on a floured surface and cut them to fit the pizza plate (270mm/10½"). Lay the pizza base on the pizza plate, close the lid, and cook for 5 minutes, to firm the base. Open the lid, and spread the pizza base thinly with a tomato based sauce, then top with your favourite toppings (ham, cheese, sweetcorn, peppers, mushrooms, onions, pepperoni etc.) – don't overload the pizza with toppings, you'll make it soggy. Close the lid, and cook for a further 12-15 minutes, till the edges of the crust are golden brown. Check that all parts of the topping are cooked through and fit to eat. You may have enough dough left over for a third pizza, depending on how thin you roll the dough.

- As there's some space left, here are some more burger recipes:

cheesy beef burger

serves 4

- 450g lean minced beef
- 250g low fat Cheddar cheese, grated
- 1 spring onion, chopped
- 1 tbsp Worcestershire sauce
- ½ tsp garlic powder
- ½ tsp black pepper
- 1 tsp sea salt

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
- ½ tsp garlic powder
- ½ tsp black pepper
- ½ 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
- ½ tsp black pepper
- ½ tsp sea salt

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

Asian chicken burger

serves 4

- 450g lean minced beef
- 1 clove garlic, finely chopped
- 2 spring onions, finely chopped
- 1 tbsp lemon juice
- 2 tbsp soy sauce
- ½ tsp ground ginger
- 1 egg white

Combine everything, and shape into 4 burgers. Refrigerate for 2 hours. Grill the burgers for 5 minutes, then check for readiness.

ranch style chicken burger

serves 4

- 450g lean minced chicken
- 2 tbsp canned green chillies, chopped
- 1 tbsp coriander leaves, finely chopped
- 2 tbsp mayonnaise
- ½ tsp Tabasco sauce
- ½ tsp black pepper
- ¼ tsp garlic powder

Combine everything, shape into 4 burgers, grill 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.

Swiss turkey burger serves 4

- 450g lean minced turkey
- 200g low fat Swiss cheese, grated
- 1 egg white
- 1 tbsp Dijon mustard
- ¼ cup fresh breadcrumbs
- 1 tsp black pepper
- 1 tsp sea salt

Combine everything, shape into 4 burgers, grill for 7 minutes, then check for readiness.

Dijon pork burgers

serves 4

- 450g lean minced pork
- 1 strong onion, chopped
- 2 tbsp Dijon mustard
- 2 tbsp mayonnaise
- 1 tsp black pepper
- ½ tsp sea salt

Combine everything, shape into 4 burgers, grill for 7 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
- ½ 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.

cowboy burger

serves 4

- 450g lean minced beef
- 1 clove garlic, finely chopped
- 1 strong onion, finely chopped
- 2 tbsp Worcestershire sauce
- 1 tbsp brown sugar
- 4 tbsp tomato ketchup
- 1 tbsp yellow mustard

Simmer the tomato ketchup, mustard, sugar, Worcestershire sauce, onion and garlic in a pan for 10 minutes, then let the sauce go cold. Mix the beef with the cold sauce. Shape the mixture into 4 burgers and refrigerate for 2 hours. Grill the burgers for 5 minutes, then check for readiness.

lamb burger

serves 4

- 450g lean minced lamb
- ½ tsp black pepper
- ½ tsp dried rosemary, ground
- ½ tsp sea salt
- 1 red onion, thinly sliced
- 2 tomatoes, thinly sliced
- ¼ cucumber, thinly sliced
- 4 soft pitta breads

Combine the lamb, rosemary, pepper, and salt, and shape into 4 burgers. Grill the burgers for 6 minutes, then check for readiness. Warm the pitta breads, and open them to form pockets. Fill each pitta pocket with a burger, and a selection of onion, tomato, and cucumber slices.

portabella mushroom burger

serves 4

- 4 large portabella mushrooms
- 2 cloves garlic, finely chopped
- 2 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp dried Italian seasoning
- 1 tsp black pepper

Remove the stems from the mushrooms. Lay the mushrooms, underside up, on a hot grill. Drizzle the oil and vinegar over the mushrooms, then sprinkle with the garlic, italian seasoning, and pepper. Close the grill, and grill for 5 minutes.

George's burger Texas style

8 burgers

- 250g lean minced beef
- 1 lightly beaten egg white
- 1 small finely chopped onion
- 4 tbsp seasoned breadcrumbs
- 2 diced green chilli peppers
- 1 clove (large) garlic, crushed
- 2 tbsp fresh cilantro, chopped fine
- 1 tbsp cider vinegar
- 1½ tsp chilli powder
- ¼ tsp sea salt
- ⅛ tsp cayenne pepper

Combine everything, shape into 8 burgers, grill for 5 minutes, then check for readiness. This recipe is from The healthy Gourmet (Clarkson Potter) by Cherie Calbom.

George Foreman's PowerBurger

serves 4

- 375g lean minced beef
- 4 tbsp seasoned breadcrumbs
- 4 tbsp chopped vegetables – onions, spring onions, courgettes, parsley (these can be sautéed)

Combine the vegetables and breadcrumbs in a bowl. Add the minced beef and mix well. Shape the mixture into 4 10cm 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. This recipe is from The healthy Gourmet (Clarkson Potter) by Cherie Calbom.

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 – 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 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

