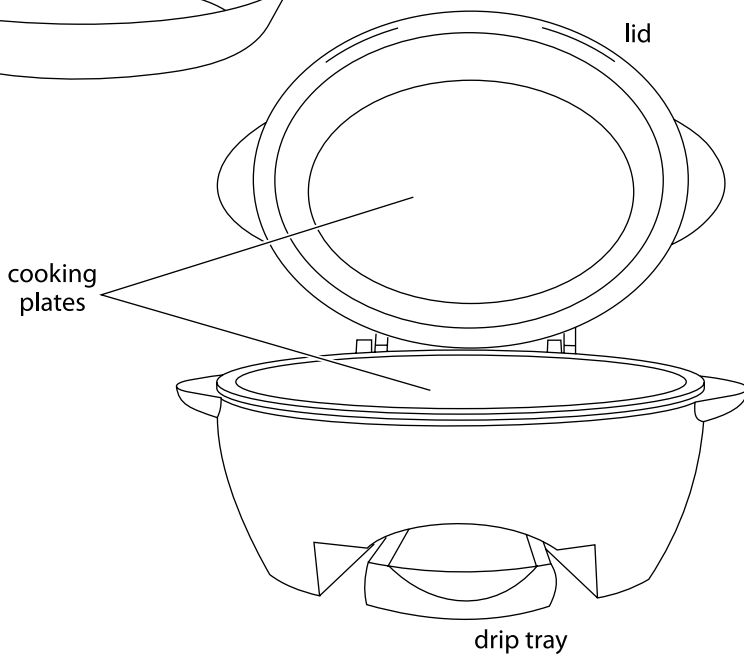
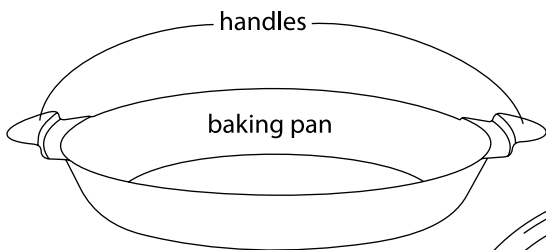
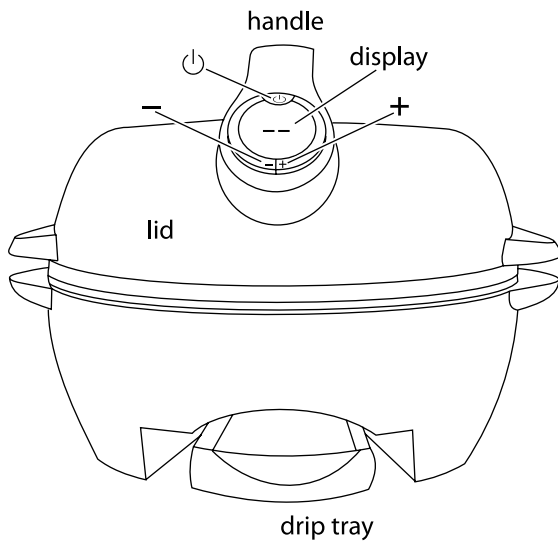


George Foreman

Lean Mean Grilling Machine



**instructions and
recipes**



Read the instructions and keep them safe. Pass them on if you pass the roaster on. Remove all packaging, but keep it till you know the roaster works.

important safeguards

Follow basic safety precautions, including:

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



household use only

before using for the first time

Wipe the cooking plates with a damp cloth.






positioning

- 1 Sit the roaster on a stable, level, heat-resistant surface, at least 75cm (30 inches) above floor level, and leave a space of at least 5cm (2 inches) all round it.
- 2 Don't put it near or below curtains or other combustible materials.
- 3 Route the cable so it doesn't overhang, and can't be tripped over or caught.

preparation

- 4 Fetch your oven gloves – and use them! They not only protect your hands from the heat, they protect them from drips and splashes too.
- 5 Push the drip tray under the roaster, so it catches any run-off.
- 6 Open the lid, 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 cooking plates.

preheat

- 7 Close the lid
- 8 Put the plug into the power socket (switch the socket on, if it's switchable).
- 9 The display will show dashes -- (standby).
- 10 Press .
- 11 The display will show  and  (that's 5 minutes), then it'll start to count down.
- 12 When it reaches , it'll beep 4 times, and change to .
- 13 It'll beep regularly till you enter the cooking time, to remind you that it's switched on and waiting.


add the food

- 14 Use the oven glove to open the lid.
- 15 Lay the food on the bottom cooking plate with a spatula or tongs, not fingers.
- 16 Don't use anything metal or sharp, you'll damage the non-stick surfaces.
- 17 Use the oven glove to close the lid.
- 18 If the food is too bulky to allow the lid to close properly, then it isn't suitable for cooking in the roaster. Take it out, cut a bit off, and try again.

set the timer

- 19 Cooking time depends on the type, thickness, and volume of food.
- 20 Press + and - to set the time.
- 21 The time is shown in minutes, the maximum is 199.
- 22 It'll start to count down.
- ✳ Keep an eye on the drip tray, empty it if it gets more than about threequarters full.
- 23 When the cooking time is over, it'll beep 4 times.

done?

- 24 Press , to return to standby (--).
- 25 If you ignore it, it'll beep again after 30 seconds, and return to standby (--) automatically.
- 26 Unplug the roaster (switch the socket off first, if it's switchable).
- ✳ Empty the drip tray before you open the lid. You may get a rush of juices into the drip tray when you move the food.

remove the food

- caution** when you open the lid, steam will billow out, so keep clear
- 27 Use the oven glove to open the lid.
 - 28 Check that the food is cooked through.
 - 29 If you're in any doubt, cook it a bit more.
 - 30 Cook meat, poultry, and any derivatives (mince, burgers, etc.) till the juices run clear.
 - 31 Cook fish till the flesh is opaque throughout.
 - 32 Remove the cooked food with wooden or plastic tools.
 - 33 Unplug the roaster.

the baking pan

- 34 The baking pan transforms the roaster into a miniature baking oven.
- 35 You can bake one- or two-portion dishes without wasting power heating a full size oven.

36 Use it to make rice pudding, bread and butter pudding, toad in the hole; for custards, casseroles, foods in marinades or sauces; to poach fish, sweetbreads, or tripe; to steam-roast vegetables.

37 When you use the baking pan, don't fill it to the top – leave room for the food to expand during cooking, otherwise it'll overflow, and you'll lose your gravy to the drip tray.

cooking times & food safety

38 Use these times purely as a guide. They're for fresh or fully defrosted food.

39 Check food is cooked through before serving. If in any doubt, cook it a bit more.

40 Cook meat, poultry, and any derivatives (mince, burgers, etc.) till the juices run clear.

41 Cook fish till the flesh is opaque throughout.

42 When cooking pre-packed foods, follow any guidelines on the package or label.

43 If you have a meat thermometer, beef and lamb should be cooked to an internal temperature of 63-77°C (145-170°F), pork to 72-77°C (160-170°F), and poultry to 77-82°C (170-180°F).

food	weight	cooking time	internal temperature
poultry			
chicken, whole	0.9-1.3 kg	45-75 min	80°C
chicken, whole	1.8-2.2 kg	60-75 min	80°C
pheasant (2)	600 g each	60-75 min	80°C
turkey breast, boneless	1.3 kg	75-90 min	75°C
beef			
tenderloin	0.9-1.3 kg	60-90 min	65°-75°C
rib roast	0.9-1.3 kg	60-90 min	65°-75°C
sirloin	1.8-2.2 kg	75-105 min	65°-75°C
pork			
sirloin	1.5 kg	75-105 min	70°-75°C
lamb			
leg	1.8-2.2 kg	105-120 min	65°-75°C
miscellaneous			
baked potatoes (2-4)	300 g	75-105 min	cook till they're soft

care and maintenance

1 Unplug the roaster and let it cool down fully before cleaning or 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 surfaces.

5 Don't put the roaster in water or any other liquid.

6 Don't use harsh or abrasive cleaning agents, solvents, scourers, wire wool, or soap pads.

a few recipes to get you started

When times are shown as a range (e.g. 5-7 min), we suggest you cook for the lower time, then start checking the food for readiness.

lemon & herb chicken with a cracked pepper coating

1.5kg (3lb) chicken	fresh herbs (basil, tarragon, parsley, etc.)
2 cloves garlic, left whole	2 lemons, sliced
1 tbsp olive oil	sea salt
mixed peppercorns, crushed	

Remove the baking pan, and preheat the roaster.

Bruise the herbs and garlic, then put them, with half the lemon slices, inside the chicken.

Rub the outside of the chicken with olive oil, then the crushed peppercorns and salt.

Put the chicken in the roaster, then drop the remaining lemon slices round the chicken. Cook till the juices run clear (80-90 min).

tandoori chicken

1.5kg (3lb) chicken

marinade

4 tbsp natural yoghurt	juice of 1 lemon
2 tsp tomato purée	1 tsp paprika
1 tsp cumin	1 tsp turmeric
1 tsp coriander	1 tbsp tandoori seasoning
small piece fresh ginger, finely chopped	3-4 cloves garlic, crushed
salt and pepper	

Fit the baking pan, and preheat the roaster.

Mix the marinade ingredients, open the lid, put the chicken in the baking pan, and coat it with the marinade. Alternatively, coat the chicken in the marinade and leave it in the fridge overnight.

Close the lid, and cook till the juices run clear (about 90 min).

chicken stuffed with creamy pesto filling

3-4 medium, or 2 large chicken fillets	1 large packet basil leaves
50g (2 oz) pine nuts	50g (2 oz) fresh parmesan
100g (4 oz) cream cheese	1 tbsp olive oil
2 cloves fresh garlic	salt and pepper

Fit the baking pan, and preheat the roaster.

Process the basil, garlic, pine nuts, parmesan and oil till smooth, then stir in the cream cheese.

Slit the chicken fillets, to create pockets, and spoon the mixture into the pockets.

Alternatively, pull the skin away using a sharp knife and push mixture under.

Secure with a cocktail stick or a wooden skewer.

Put the chicken in the baking pan and cook till the juices run clear (35-40 min).

red wine & garlic infused chicken

1.5kg (3lb) chicken	4 cloves garlic, crushed
25g (1 oz) butter	1 onion, thinly sliced
100g (4 oz) button mushrooms, halved	150ml (6 floz) dry red wine
150ml (6 floz) chicken or vegetable stock	salt and pepper

Put the butter and garlic in the baking pan, put the baking pan in the roaster, close the lid, and preheat.

Open the lid, add the onions and mushrooms to the baking pan, close the lid, and cook for a further 8-10 minutes.

Open the lid, put the chicken in the baking pan, pour over the stock and wine, then season with salt and pepper.

Cook till the juices run clear (85-90 min). Every 15 minutes, baste the chicken with the liquid.

spicy beef & tomato stew

500g (1lb) stewing beef, in 2.5cm (1") cubes	2 tbsp oil
2 shallots, peeled and chopped	1 clove garlic, crushed
1 carrot, sliced	1 stick celery, sliced
2 small potatoes, peeled and cubed	1 tbsp plain flour
1 tsp cayenne pepper	1 tsp paprika
1 tsp chilli powder	1 tsp tomato purée
1 small can chopped tomatoes	200-250ml beef stock
handful fresh parsley, chopped	

Put the oil and garlic in the baking pan, put the baking pan in the roaster, close the lid, and preheat.

Put the flour and spices into a plastic bag and toss the pieces of beef to coat thoroughly. Open the lid, put the shallots and beef in the baking pan, and stir well to coat with oil. Close the lid and cook for a further 3-5 minutes.

Open the lid, add the vegetables and then pour over the tinned tomatoes, stock, and tomato purée, stirring well to combine. Close the lid and cook till the beef is tender (about 90 min). Stir occasionally. Add a little boiling water if the liquid becomes too thick. To finish, stir in some freshly chopped parsley and season well.

traditional roast beef with vegetables

1.5kg (3lb) sirloin or topside beef joint	dash vegetable oil
1 carrot, sliced	3-4 shallots, peeled and halved
2 medium potatoes, cubed	salt and pepper

Remove the baking pan, and preheat the roaster.

Put the vegetables into a bowl, drizzle with oil to coat, season well and leave to one side.

Brown the joint on all sides in a frying pan.

Put the beef joint in the baking pan, and cook for 25 minutes.

Open the lid, add the vegetables round the beef and cook till the beef is done to your liking (rare, medium or well done).

roast pork with a wholegrain mustard & honey coating

1.5kg (3lb) pork roasting joint or loin	1 tbsp runny honey
2 tsp dry mustard powder	1 tbsp wholegrain mustard
1 tbsp olive oil	

Remove the baking pan, and preheat the roaster.

Combine the honey with the oil, stir in the two mustards, then coat the joint well.

Put the joint in the roaster and cook till the juices run clear (90-105 min). The internal temperature should be at least 75°C.

one pot breakfast

2 sausages (raw) cut into chunks	3-4 pieces bacon (raw) cut into strips
2 tomatoes, sliced	few mushrooms, sliced
25g (1 oz) grated cheese	3 eggs, beaten
200ml (6fl oz) milk	salt and pepper

Grease the baking pan with a little butter or oil, then put it in the roaster, close the lid, and preheat.

Whisk the eggs with the milk, season with salt and pepper and set aside.

Layer the bacon and sausages in the baking pan, then scatter the mushrooms and tomatoes on top. Pour over the milk and egg mixture, and sprinkle cheese on top.

Cook till the eggs are set (25-30 min).

ginger salmon steaks

- 2 salmon steaks
- bunch spring onions, thinly sliced
- 1 clove garlic, crushed
- juice of half lemon
- 100ml dry white wine/vermouth
- 2 tbsp vegetable oil
- small piece fresh ginger, finely chopped/sliced
- pinch cayenne pepper
- 1 tbsp soy sauce

Put the oil in the baking pan, put the baking pan in the roaster, close the lid, and preheat. Open the lid, add the onions, garlic and ginger, close the lid, and cook till softened (7–10 min). Open the lid, and stir in the soy sauce, wine, lemon juice and pepper. Lay the salmon in the sauce, and turn to coat both sides. Cook for 20–25 minutes, basting occasionally with the juices.

whole fish, cooked in white wine & Thai chilli marinade

2 whole fish (such as sea bass, snapper, bream etc.)

marinade

- 125ml (4fl oz) dry white wine
- 1 tbsp soy sauce
- 1 clove garlic, crushed
- 2 tsp fresh grated ginger
- juice of 1 lime
- salt and pepper
- 1 tbsp sesame oil
- 2-3 small red chillies, finely chopped
- 1 tsp fish sauce
- small bunch fresh coriander, roughly chopped
- 1 tsp dried cumin

Remove the baking pan, and preheat the roaster.

Clean the fish and pat dry on a towel. Score the flesh with a sharp knife and put it in the baking pan.

Combine the marinade ingredients in a bowl, and pour over the fish.

Cook till the fish is opaque and flakes easily (25-30 min).

salmon loaf

- 1 large can of salmon (about 400g)
- 150ml (6 fl oz) milk
- 1 tsp lemon juice
- 1 tsp dry mustard powder
- breadcrumbs from 2 slices of whole wheat bread
- 2 eggs, lightly whisked
- 1 bunch spring onions, finely chopped
- 1 tsp Worcestershire sauce
- 1 tbsp mayonnaise

Remove the baking pan, and preheat the roaster. Grease the baking pan and set aside. Combine all of the ingredients, press the mixture in the baking pan, and put the pan in the roaster. Cook for 30 minutes.

tuna risotto

- 2 tbsp olive oil
- 1 small onion, chopped finely
- 1 tbsp cream
- 400ml vegetable or fish stock
- 1 can tuna (in brine) drained and flaked
- 2 cloves garlic, crushed
- 1 knob butter
- 200g (4 oz) risotto rice (e.g. arborio)
- 100ml dry white wine or vermouth
- bunch fresh parsley, roughly chopped

Put the oil and garlic in the baking pan, put the baking pan in the roaster, close the lid, and preheat.

Open the lid, add the onions, close the lid, and cook till softened (about 10 min). Open the lid, add the rice, and stir well to coat the grains. Pour on the wine and stir again. Close the lid and cook till most of the wine has been absorbed (about 8 min).

Open the lid, add the stock, stir again, then close the lid and cook till the rice is soft in texture but still has a bite (about 30 min).

Unplug the roaster, open the lid, stir in the butter and cream, add the flaked tuna and stir gently. Top with fresh parsley and serve.

pasta bake

300g penne pasta	half jar passata (about 350g)
150ml vegetable stock	2 cloves garlic, crushed
125g fresh mozzarella, sliced	25g (1 oz) fresh parmesan, grated
large handful fresh basil, torn	black pepper

Fit the baking pan, and preheat the roaster.

Put the pasta and garlic in the baking pan, and cover with the passata and stock, stirring well.

Make sure the pasta is submerged in liquid (add a little boiling water if necessary).

Cook till the pasta is done (about 40 min)

Unplug the roaster, open the lid, add the basil and cheeses, then stir to melt the cheeses. Season with black pepper, and serve.

roasted cherry tomato & red pepper omelette

half punnet cherry tomatoes, halved	1 small red pepper, deseeded, cut in strips
dash vegetable oil or small knob butter	200ml (6 floz) milk
3-4 eggs, beaten	50g (2 oz) gruyere cheese, grated
25g (1 oz) strong cheddar, grated	1 tsp mixed dried herbs
salt and pepper	

Grease the baking pan with a little oil, then put it in the roaster, close the lid, and preheat.

Open the lid, add the peppers and tomatoes, close the lid, and cook for 3-5 minutes.

Lightly whisk the eggs with the milk, season with salt, pepper and dried herbs, add the cheeses, and stir.

Open the lid, pour the egg mixture over the tomatoes and peppers, close the lid, and cook till the eggs are set (20-25 min).

cheesy potato bake

25g (1 oz) butter	5-6 medium sized potatoes, sliced
1 onion, thinly sliced	2 cloves garlic, crushed
150ml milk	100ml cream
100ml vegetable stock	50g (2 oz) mature cheddar, grated

Remove the baking pan, and preheat the roaster.

Dot the butter in the baking pan, put a layer of potatoes in the pan, add garlic, then a thin layer of onions. Add a layer of potatoes, then garlic, then onions, and finish with a layer of potatoes.

Sprinkle cheese over the top, then pour over the stock, then the milk, then the cream, and season with pepper.

Open the lid, put the loaded baking pan in the roaster, close the lid, and cook till the potatoes are tender (about 60 min).

vegetable frittata

25g (1 oz) butter	1 small onion, thinly sliced
4 baby corn cobs	1 small can sweetcorn, drained
2 baby courgettes, sliced	25g (1 oz) baby peas, frozen
2 small potatoes, sliced and pre-cooked	4 eggs, lightly whisked
100ml (3 floz) milk	100ml (3 floz) single cream
50g (2 oz) mature cheddar	

Blanch the corn cobs and courgettes and set aside.

Put the butter in the baking pan, put the baking pan in the roaster, close the lid, and preheat.

Lightly whisk the eggs with the milk and cream and season well.

Open the lid, add the onions, close the lid, and cook till softened (8-10 min).

Open the lid, and add the remaining vegetables (including the frozen peas).

Pour the egg mixture over the vegetables, top with the cheese, close the lid, and cook till set (about 25 min).

asparagus & pea risotto with creamy brie crust

4 shallots, peeled and thinly sliced	25g (1 oz) butter
1 tbsp olive oil	2 cloves garlic, crushed
200g risotto rice (e.g. arborio)	400ml vegetable or chicken stock
100ml dry white wine or vermouth	1 small courgette, chopped
6 asparagus spears, sliced	100g (4 oz) frozen petit pois peas
dash of cream (optional)	100g (4 oz) brie, sliced
salt and pepper	

Put the oil and garlic in the baking pan, put the baking pan in the roaster, close the lid, and preheat.

Open the lid, add the shallots, close the lid, and cook till softened (7-10 min).

Open the lid, stir in the rice, coating each grain with oil, pour over the wine, then close the lid and cook for a further 5-8 minutes.

Open the lid, stir in the stock, add the courgettes, close the lid, and cook till the rice is softened but still has a bite (about 30 min).

Unplug the roaster, open the lid, add the asparagus and frozen peas, then the cream and butter, and stir well. The risotto should be creamy and glossy.

Season to taste, scatter the Brie over the top, and put under a hot grill till the cheese is melted and golden brown.

moist chocolate cake

40g (1 1/2 oz) cocoa powder	190ml (6 fl oz) boiling water
75g (3 oz) butter	150g (6 oz) caster sugar
1 tbsp raspberry jam	2 eggs, lightly whisked
150g (6 oz) self raising flour	1 tsp vanilla extract

Grease the baking pan with a little butter or oil, then put it in the roaster, close the lid, and preheat.

Stir the cocoa into the boiling water till it's dissolved, then leave it to cool completely.

Cream the butter, sugar and jam till light and fluffy, then beat in the eggs, one at a time, adding a little flour between each egg.

Fold in the remaining flour and the cocoa mixture alternately.

Open the grill, pour the mixture gently in the baking pan, and bake till a skewer inserted into the cake comes out clean (35-40 min).

old fashioned rice pudding

175g (6 oz) pudding rice (short grain)	300ml evaporated milk
400ml whole milk	40g (1 1/2 oz) caster sugar
fresh nutmeg, grated	50g (2 oz) butter

Grease the baking pan with half the butter, then put it in the roaster, close the lid, and preheat.

Stir the two kinds of milk together in a bowl.

Open the grill, put the rice and sugar in the baking pan, pour over the liquid, stir well, then dot the remaining butter on top. Close the lid, and cook for 40 minutes, stirring regularly.

Open the lid, grate the nutmeg on top, close the lid, and cook for a further 15-20 minutes.

roasted fruit kebabs with lemon & ginger glaze

4-6 wooden skewers (cut to fit the baking pan)	half small pineapple, cut into chunks
2 bananas, sliced thickly	2 kiwi fruit, cubed
1 large orange, cut into chunky segments	

glaze

juice of 2 lemons	small amount of lemon zest
1 tbsp honey	1 tbsp lemon liqueur (optional)
2 tsp cornflour	small piece ginger, finely sliced

Fit the baking pan, and preheat the roaster.

Thread the fruit on the skewers, alternating the fruit.

Mix the glaze ingredients in a pan and cook on a medium heat till it thickens (2-3 min).

Open the lid, put the kebabs in the baking pan, and brush with the glaze.

close the lid, and cook for about 15 minutes, brushing occasionally with the glaze.

baked chocolate custard

150ml (6 floz) milk

150ml (6 floz) single cream

75g (3 oz) dark plain chocolate, chopped

75g (3 oz) caster sugar

3 eggs, beaten

1 tsp vanilla extract

pinch salt

Remove the baking pan, and preheat the roaster.

Heat the milk and cream, in a pan, to just below boiling.

Remove from the heat and add the chocolate and half the sugar, stirring till dissolved.

Whisk the eggs, salt, remaining sugar and vanilla in a bowl.

Cool the milk mixture slightly, then stir in the egg/sugar mixture.

Grease the baking pan lightly with butter and pour in the custard.

Open the roaster, put the baking pan in the roaster, close the lid, and cook till the custard sets (20-25 min).

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

