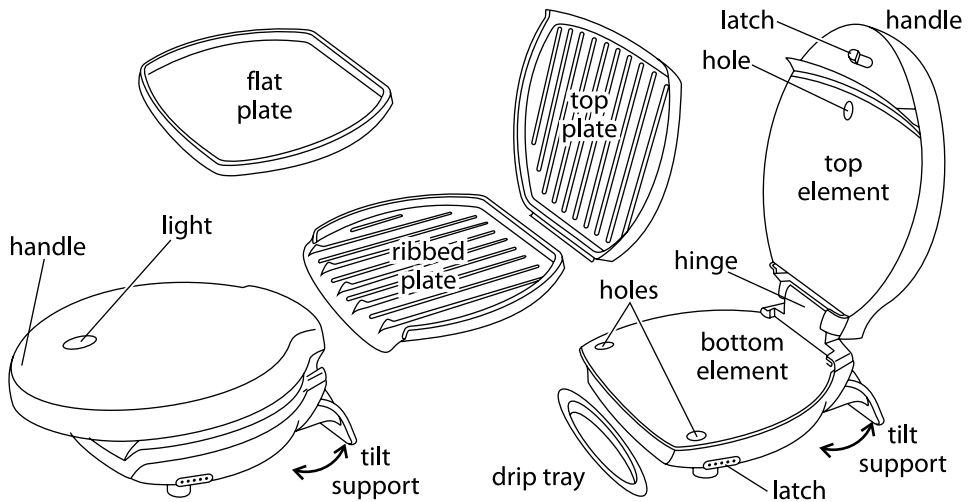


# George Foreman

Lean Mean Grilling Machine



**instructions**



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 Unplug the grill and let it cool down fully before removing or replacing a plate.
- 9 This appliance must not be operated by an external timer or remote control system.
- 10 Route the cable so it doesn't overhang, and can't be tripped over or caught.
- 11 Don't wrap food in plastic film or polythene bags. You'll damage the grill and you may cause a fire hazard.
- 12 Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.
- 13 Keep the grill and the cable away from hotplates, hobs or burners.
- 14 Unplug the grill when not in use, before moving and before cleaning.
- 15 Don't use the grill for any purpose other than cooking food.
- 16 Don't use the grill if it's damaged or malfunctions.
- 17 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 flat plate is fitted to the bottom element

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

**flat 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 Fit the top plate to the top element, with the wide end at the top.
- 4 Fit the ribbed plate to the bottom element, with the overhang at the front.
- 5 Fit the flat plate to the bottom element, with the wide end at the front.

## **fitting the grill plates**

- 6 Fit one plate at a time.
  - a) unplug the grill, and let it cool down fully
  - b) fit the narrow edge of the plate into the space next to the hinge
  - c) press the wide end of the plate against the element, to push the pillar(s) on the underside of the plate into the hole(s) in the elements
  - d) fit the other plate the same way

## **removing the grill plates**

- 7 Remove one plate at a time.
  - a) unplug the grill, and let it cool down fully
  - b) to remove the top plate, press the latch above the top element
  - c) to remove the bottom plate, press the latches on either side of the bottom of the grill
  - d) lift the plate off the grill

## **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 light will glow. It'll go off when the grill reaches working temperature, then cycle on and off as the thermostat maintains the temperature.
- 15 Wait till the light is out before cooking.

## **fill the grill**

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

## **remove the food**

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

## **finished?**

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

## **more?**

- 28 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**

- 29 Unplug the grill and let it cool before cleaning and storing away.
- 30 Open the grill.
- 31 Remove one plate at a time.
- 32 After removing the plates, wash them in warm soapy water, or in a dishwasher.
- 33 Wipe all surfaces with a clean damp cloth. Use a paper towel moistened with a little cooking oil to remove stubborn stains.
- 34 Dry the plates before replacing them on the grill.
- 35 Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
- 36 Don't put the grill in water or any other liquid
- 37 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, 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.

	<b>min</b>	<b>lamb</b>	<b>min</b>
<b>beef</b>			
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	<b>toasted sandwiches</b>	
kebabs, 25mm cube	7-8	cheese	2-3
round steak	5-7	ham (cooked)	5-6
sausages (thin)	5-6	roast beef (cooked)	6-7
sausages (thick)	7-8	sausage (cooked)	6-7
sirloin	7-9	turkey (cooked)	6-7
T-Bone	8-9	<b>seafood – steaks</b> (25mm)	
<b>fruit</b>		halibut, salmon, swordfish, tuna	6-9
apple, halve/slice	6-8	<b>seafood – fillets</b> (12mm)	
bananas, slice lengthwise	3-4	red snapper, salmon, sea bass	3-5
nectarines/peaches, halve/slice	3-5	<b>seafood</b>	
pineapple, slice	3-7	kebabs, 25mm cube	4-6
<b>pork</b>		langoustines, prawns	1-2
burger, 50g, fresh	5-6	scallops	4-6
burger, 100g, fresh	7-8	<b>snacks</b>	
chop, 12mm	5-6	calzone	8-9
gammon steak	5-6	hot dogs	2-3
kebabs, 25mm cube	7-8	quesadillas	2-3
sausages (thin)	5-6	tacos, meat filling	6-8
sausages (thick)	7-8	<b>vegetables</b>	
tenderloin, 12mm	4-6	asparagus	3-4
<b>chicken/turkey</b>		carrots, sliced	5-7
chicken breast pieces	5-7	aubergine, slice/cube	8-9
burger, 50g, fresh	4	onions, thin slice	5-6
burger, 100g, fresh	5	peppers, thin slice	6-8
kebabs, 25mm cube	7-8	peppers, grill then skin	2-3
thighs (chicken)	5-7	whole peppers brushed with oil	8
turkey breast, thin sliced	3-4	potatoes, slice/cube	7-9
		squash, slice/cube	6-8





## 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](mailto: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](http://www.georgeforemangrills.co.uk)

