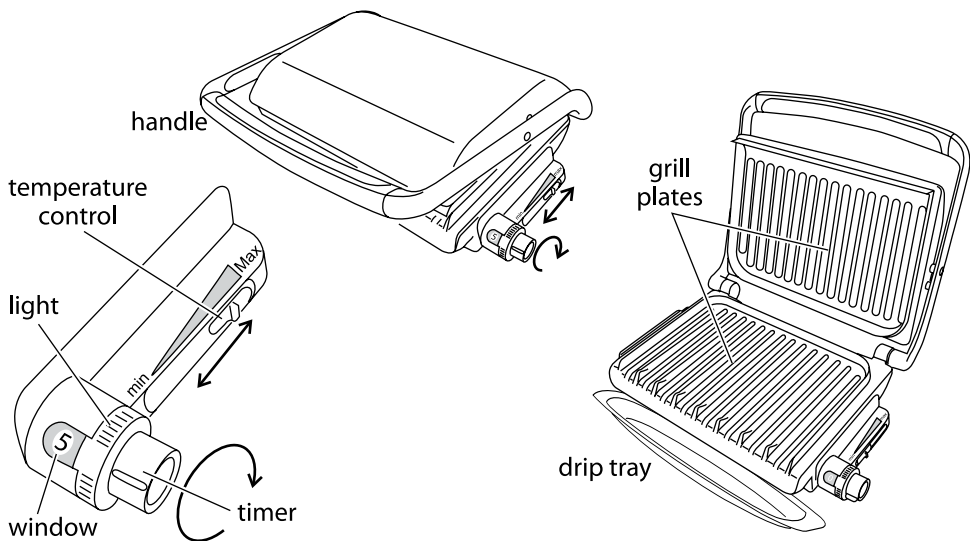


George Foreman

Lean Mean Grilling Machine



**instructions and
recipes**



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

important safeguards

Follow basic safety precautions, including:

- 1 The 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 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 appliance near or below curtains or other combustible materials, and watch it while in use.
- 5 Sit the grill 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, 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 Don't use tools that might damage the non-stick surfaces.
- 11 Keep the grill and the cable away from hotplates, hobs or burners.
- 12 Unplug the grill after use, before moving and before cleaning.
- 13 Don't use the grill for any purpose other than cooking food.
- 14 Don't use the grill if it's damaged or malfunctions.
- 15 If the cable is damaged, you must return the grill, in order to avoid hazard.



household use only

before using for the first time

Wipe the grill plates with a damp cloth.

preparation

- 1 Prepare any garnish (cheese, tomato, etc.), and split your buns or rolls.
- 2 Centre the drip tray under the front of the grill, to catch run-off.
- 3 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.

preheat

- 4 Put the plug into the power socket (switch the socket on, if it's switchable).
 - 5 Slide the temperature control to **max**.
 - 6 Turn the timer clockwise till the light comes on, and let the grill warm up for 3 minutes.
- ★ The timer is clockwork, and it's one-way only. Don't try to turn it back towards 0 (anti-clockwise) – you'll break it.
- 7 When the timer returns to 0, the light goes out, the bell pings, and the grill is ready.

cook food, not fingers

- 8 Don't touch the grill after it's been switched on – some parts aren't as hot as others, but they're all hot, so use your oven gloves (at a push, a folded tea-towel will do).
- 9 The handle, the temperature control and the timer knob are big enough to make them easy to use through an oven glove or a folded tea-towel – so there's no excuse for burning your fingers.

fill the grill

- 10 When the light goes out, use an oven glove to open the grill.
- 11 Lay the food on the bottom grill plate with a spatula or tongs, not fingers.
- 12 Close the grill. The hinge is articulated to cope with thick or oddly shaped foods.
- 13 The grill plates should be roughly parallel, to avoid uneven cooking.

start cooking

- 14 Slide the temperature control to the setting you want. You should normally use **max**, though you might find a lower setting handy for denser food, for longer, slower cooking, or for food coated with a marinade that might burn easily.
- 15 Turn the timer clockwise till the time you want is shown in the window. The light will come on, and will stay on till the timer returns to 0.

done?

- 16 When the timer reaches 0, the light goes out, the bell pings, and the elements go off.
 - 17 Use the oven glove to open the grill.
 - 18 Check the food is cooked. If you're in any doubt, cook it a bit more.
- ★ Cook meat, poultry, and derivatives (mince, burgers, etc.) until the juices run clear.
Cook fish until the flesh is opaque throughout.

finished?

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

more?

- 20 Put on the oven glove, empty the drip tray into a heatproof bowl, give it a wipe with kitchen paper, and replace it under the front of the grill.

care and maintenance

- 1 Unplug the grill and let it cool before cleaning and storing away.
- 2 Wipe all surfaces with a damp cloth or sponge. Use a paper towel with a dab of 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 cooking surfaces.
- 5 Don't put the grill in water or any other liquid.
- 6 Don't use harsh or abrasive cleaners, solvents, scourers, wire wool, or soap pads.

cooking times & food safety

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

beef	min	lamb	min
fillet	5-7	kebabs, 25mm cube	7-8
loin steak	7-8	minced	6-7
burger, 50g	5-6	loin chops	4-6
burger, 100g	7-8	sandwiches	
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	seafood	
fruit		halibut/salmon steak, 12-25mm	6-8
apple, halve/slice	6-8	kebabs, 25mm cube	4-6
bananas, slice lengthwise	3-4	prawn	1-2
nectarines/peaches, halve/slice	3-5	red snapper/sea bass fillet	3-5
pineapple, slice	3-7	salmon fillet	3-4
pork		scallops	4-6
chops, 12mm	5-6	tuna/swordfish steak, 12-25mm	6-9
gammon steak	5-6	snacks	
kebabs, 25mm cube	7-8	calzone	8-9
minced	7-8	hot dogs/quesadillas	2-3
sausages (thin)	5-6	tacos, meat filling	6-8
sausages (thick)	7-8	vegetables	
tenderloin, 12mm	4-6	asparagus	3-4
chicken/turkey		carrots, sliced	5-7
chicken breast pieces	5-7	aubergine, slice/cube	8-9
burger, 50g, fresh/frozen	4/5	onions, thin slice	5-6
burger, 100g, fresh/frozen	5/6	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
minced	7-8	potatoes, slice/cube	7-9
turkey breast, thin sliced	3-4	squash, slice/cube	6-8

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.

a few recipes to get you started

- Preheat the grill before cooking – set the temperature control to max.
- 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.

sausage and herb stuffed pork

serves a family of 4

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 casings, and mix the sausagemeat, breadcrumbs, parsley, thyme, marjoram 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).

chicken tandoori with yogurt-based marinade

serves a family of 4

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 pepper 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.

Mediterranean beef and vegetable grill

- 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 to make it easy to cut, then cut it into thin strips, across the grain, discarding any fat.

Thread 4 skewers through the steak strips, and the other 4 through the vegetables.

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.

serves a family of 4



herbed chicken and mushroom kebabs

- 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 the cubes to the dish, and turn till they're well coated.

Add the mushrooms, and turn very gently, so you don't break them apart.

If the mushrooms are big, remove the stalks, then cut the heads into two, and cut the stalks half way down their lengths.

Cover and refrigerate for 4-12 hours, turning occasionally.

Thread the chicken and mushrooms on the skewers, and grill till the chicken is cooked through (5-7 minutes).

Discard the marinade.

serves 4



the original burger

- 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.).

serves 4



smoked mackerel panini with tomatoes and crème fraiche

- 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.

serves 1



healthy pizza pitta pockets

- 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.

serves 2



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 into a bowl.

Cut the sweet potato in half, and keep on halving the potato pieces till you've reduced it to 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 olive oil.

Cut the carrot into sticks about the same width as the thick ends of the potato wedges.

Toss the carrot sticks in the bowl to coat them.

Put the wedges and sticks on the grill, and cook for 4 minutes.

Meantime, mix the flour, curry powder and pepper on a plate.

Put the egg white on another plate, and whip lightly with a fork.

Put the breadcrumbs on a third plate.

Cut the fish into goujons (fingers).

Dip the fish goujons into the seasoned flour, then 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.

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, cool, and cut into strips.

Wash and dry the spinach, wilt the leaves for 20-30 seconds, then dry with kitchen paper.

Mix the cream cheese and spinach in a bowl, and 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.

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.

Santa Fé veggie-burgers

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.



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 red onion, red pepper, balsamic vinegar and black pepper in a bowl.

Grill the mixture till softened (1-2 minutes), and lay it on a slice of bread.

Tear the feta apart, sprinkle over the mixture, and top with the other slice of bread.

Clean the grill, and grill the panini for 2-3 minutes. Serve with a watercress and tomato salad.



quick and easy grilled bananas

serves 2

- 2 bananas, peeled
- 2 tbsps walnuts, finely chopped
- 2 tbsps sugar
- ½ tsp cinnamon

Finely chop the walnuts, and mix them with the sugar and cinnamon in a bowl.

Split the bananas lengthwise, then cut them across their width.

Lay the bananas on the grill, with the 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

Cut the shortcake into 8 pieces, lay them on the grill, brush with maple syrup, and grill for 3-5 minutes.

Remove from the grill, top with strawberry slices and whipped 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 fromage frais

1 tsp vanilla extract

8 wooden skewers, soaked in water then patted dry

Cut the fruit into chunks and marinade for about 10 minutes in the orange juice, brown sugar, and half of 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.



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

