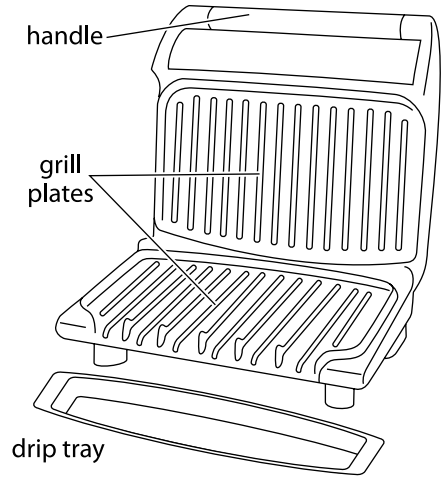
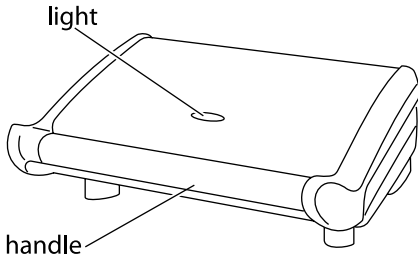


George Foreman

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 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.
- 5 The light will come on, then cycle on and off as the thermostat operates to maintain the temperature. When the light goes off, the grill is ready for use.

fill the grill

- 6 When the light goes off, use an oven glove to open the grill.
- 7 Lay the food on the bottom grill plate with a spatula or tongs, not fingers.
- 8 Close the grill. The hinge is articulated to cope with thick or oddly shaped foods.
- 9 The grill plates should be roughly parallel, to avoid uneven cooking.
- 10 Wait while the food cooks.

remove the food

- 11 Check that the food is cooked. If you're in any doubt, cook it a bit more.
- 12 Use the oven glove to open the grill.
- 13 Use wooden or plastic tools to remove the food.

finished?

- 14 Unplug the grill.

more?

- 15 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.
- 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

- Preheat the grill before cooking.
- 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

- 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 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.



more burger recipes

cheesy beef burger

serves 4

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

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

Tex-Mex burger

serves 4

450g lean minced beef
1 strong onion, finely chopped
1 tsp chilli powder
2 tbsp barbecue sauce
1 tbsp fresh salsa

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

cheese and horseradish burger

serves 4

450g lean minced beef
2 tbsp creamed horseradish sauce
½ tsp black pepper
125g low fat Cheddar cheese, grated
½ tsp garlic powder
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
2 cloves garlic, finely chopped
½ tsp black pepper
125g tinned kidney beans, drained and mashed
4 tbsp barbecue sauce
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
2 spring onions, finely chopped
2 tbsp soy sauce
1 egg white
1 clove garlic, finely chopped
1 tbsp lemon juice
½ tsp ground ginger

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
1 tbsp coriander leaves, finely chopped
½ tsp Tabasco sauce
¼ tsp garlic powder
2 tbsp canned green chillies, chopped
2 tbsp mayonnaise
½ tsp black pepper

Combine everything, shape into 4 burgers, grill for 5 minutes, then check for readiness.

Swiss turkey burger

serves 4

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

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

Dijon pork burgers

serves 4

450g lean minced pork
2 tbsp Dijon mustard
1 tsp black pepper
1 strong onion, chopped
2 tbsp mayonnaise
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
- 4 tbsp bottled teriyaki sauce
- 1 tsp yellow mustard
- 4 slices fresh pineapple
- 1 egg white
- 1 strong onion, finely chopped
- ½ tsp black pepper

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

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 dried rosemary, ground
- 1 red onion, thinly sliced
- ¼ cucumber, thinly sliced
- ½ tsp black pepper
- ½ tsp sea salt
- 2 tomatoes, 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 tbsp extra virgin olive oil
- 1 tsp dried Italian seasoning
- 2 cloves garlic, finely chopped
- 2 tbsp balsamic vinegar
- 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 small finely chopped onion
- 2 diced green chilli peppers
- 2 tbsp fresh cilantro, chopped fine
- 1½ tsp chilli powder
- ⅛ tsp cayenne pepper
- 1 lightly beaten egg white
- 4 tbsp seasoned breadcrumbs
- 1 clove (large) garlic, crushed
- 1 tbsp cider vinegar
- ¼ tsp sea salt

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 chopped vegetables – onions, spring onions, courgettes, parsley (these can be sautéed)
- 4 tbsp seasoned breadcrumbs

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 Service, Salton Europe Ltd, Failsworth, Manchester M35 0HS

email: 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 for more products

