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George Foreman GRP3 Owner's Manual

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GEORGE FOREMAN®

THE LEAN MEAN FAT REDUCING GRILLING MACHINE™

Please Read and Save this Use and Care Book

Por favor lea este instructivo antes de usar el producto



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Model
Modelo

GRP3

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- Read all instructions.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock do not immerse cord, plugs or appliance (except removable plates) in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment. Or, call the appropriate toll-free number on the cover of this manual.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Be sure removable plates are assembled and fastened properly.
- To disconnect, remove plug from wall outlet.
- Do not use this appliance for other than intended use.

SAVE THESE INSTRUCTIONS.

This product is for household use only.

POLARIZED PLUG (120V Models Only)

This appliance has a polarized plug (one the risk of electric shock, this plug is inserted one way. If the plug does not fit fully into the outlet, does not fit, contact a qualified electrician for assistance in any way.

TAMPER-RESISTANT SCREW

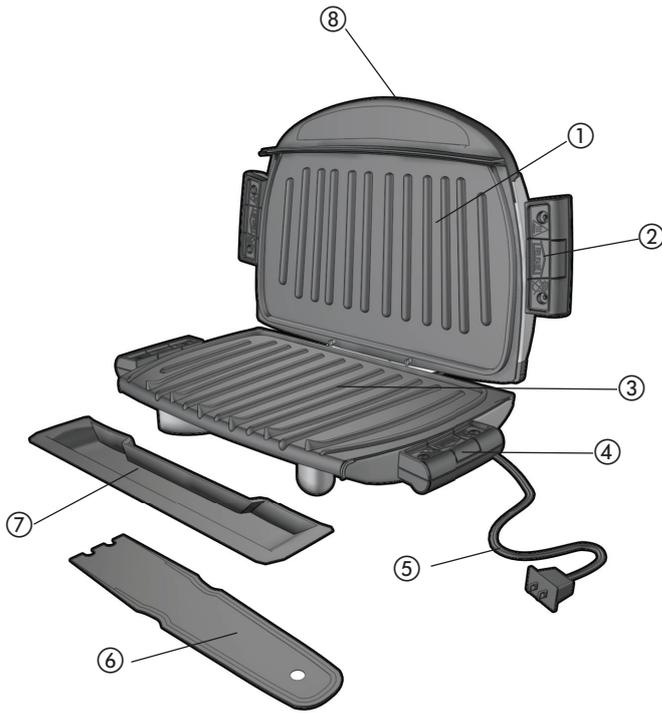
Warning: This appliance is equipped with a tamper-resistant screw. To reduce the risk of injury, do not attempt to remove the outer cover. There is no need to remove the cover. Repair should be done only by authorized service personnel.

ELECTRICAL CORD

- a) A short power-supply cord (or detachable power-supply cord) is provided to reduce the risk resulting from the use of a longer cord.
- b) Longer detachable power-supply cords may be used if care is exercised in the following:
 - 1) The marked electrical rating of the cord and extension cord should be at least as high as the rating of the appliance,
 - 2) If the appliance is of the grounded type, use a grounding-type 3-wire cord, and
 - 3) The longer cord should be arranged so that it does not drape over the countertop or tabletop where it can be pulled on or abused.
- c) If a long detachable power-supply cord is used, it should be arranged so that it does not drape over the countertop or tabletop where it can be pulled on or abused.

Note: If the power supply cord is damaged, it should be replaced by authorized service personnel. In Latin America, by an authorized service center.

Product may vary slightly from what is illustrated.



A

1. Removable grill plate (upper) (Part # 22933U)
- † 2. Upper grill plate release handles (both sides)
3. Removable grill plate (lower) (Part # 22933L)
- † 4. Lower grill plate release handles (both sides)
5. Power cord
- † 6. Spatula (Part # 20166)
- † 7. Drip tray (Part # 22934B)
8. Preheat indicator light (not shown)

Note: † indicates consumer replaceable/removable parts

How to use:

This product is for household use only.

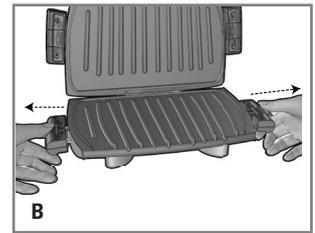
GETTING STARTED

- Remove all packing material and any styrofoam.
- Remove and save literature.
- Wash removable parts as instructed in manual.
- Wipe grill plates with a damp cloth or sponge with a soft cloth or paper towels.
- Select location where unit is to be used. Clear area of unit and wall to allow heat to flow without restriction.

DRIP TRAY

Place drip tray under front sloped section of grill.

ATTACHING & REMOVING GRILL PLATES



1. To attach or remove grill plates, lift up the release handles and push the grill plate into the handles.
 2. While keeping the grill plate lifted off or slightly away from the grill body, pull the release handles down to remove the grill plate.
- Note:** When attaching or removing grill plates, attach each plate to the grill body by the release handles, only with the front edge.

Important: Make sure that **BOTH** release handles are fully secured on the grill body before use.

Caution: Do not remove grill plates while grill is hot. Allow grill to cool to room temperature before removing grill plates.

PREHEATING THE GRILL

1. Close cover on grill.
2. Unwind cord and plug into standard electrical outlet.
3. Preheat indicator light comes on to indicate grill is preheating.
4. Allow the grill to preheat for at least 5 minutes. When the preheat indicator light will go out. If desired, preheat grill for longer.

GRILLING

1. Using a pot holder, carefully open lid of grill.
 2. Before first use, if desired, lightly oil grill plates.
- Note:** Aerosol cooking spray should not be used on grill. Aerosol cooking spray that allow spray to come out of can build up on grill plates and reduce their efficiency.

3. Carefully place foods to be cooked on grill.

Note: Do not overload grill.

- Use suggested cooking times found in the GRILLING CHART on page 6. If desired, use a kitchen timer.

Important: Do not leave the appliance unattended during use.

- After selected time, the food should be done.
- Using a pot holder, carefully open the grill cover.
- Remove cooked food using plastic spatula provided.

Note: Always use heatproof plastic, nylon or wood utensils to avoid scratching nonstick surface of grill plates. Never use metal skewers, tongs, forks or knives.

Important: Heat continues to be ON until grill is unplugged.

Warning: Do not remove grill plates while grill is still hot! Allow grill to cool completely before removing or changing plates.

- Allow drip tray to cool before removing it from under grill. Wash and dry drip tray after each use.

Note: Be sure the liquid in drip tray has cooled before attempting to move it.

SUGGESTED GRILLING CHART

The following are meant to be used as a guide for grilling of food. Cooking time will depend upon the thickness of the food. Use a cooking thermometer as a test for doneness. Check periodically to avoid overcooking the food.

	Range
Salmon filet	2-4
Salmon steak	4-6
Sword fish	4-6
Tuna steak	4-6
White fish	4-6
Shrimp	1-2
Turkey burgers (4 oz.)	4-6
Turkey burgers (8 oz.)	8-10
Pork loin	4-6
Hamburgers (4 oz.)	4-6
Hamburgers (8 oz.)	8-10
Chicken breasts (boneless/skinless)	4-6
Link sausage	4-6
Sliced sausage (3/4" thick)	4-6
Fajita beef (1/2" thick slices)	1-2
T-bone steak	8-10
NY strip steak	4-6
Flank steak	1-2
Onions & peppers (brush with oil)	4-6

Please note: To be sure your food is fully cooked the USDA recommends the following guidelines. Using a meat thermometer cook test for doneness by inserting the meat thermometer into the center of the food being cooked and make sure the thermometer is not touching the bone.

FOOD TO BE COOKED	MEDIUM		WELL DONE OR FULLY COOKED	
Chicken Breast			170°F	77°C
Chicken Thigh			180°F	82°C
Beef / Lamb/Veal	160°F	71°C	170°F	77°C
Pork			160°F	71°C
Reheated cooked meats and poultry			165° F	74°C

GRILLING TIPS

- To prevent heat loss and for even cooking, do not open the Lid frequently.
- Do not overfill grill.
- When first cooking a particular food, check for doneness several minutes before suggested time; if necessary adjust time.
- When cooking several pieces of food, try to have them similar in size and thickness.
- Remember that since grill is cooking from both sides cooking time will typically be shorter than expected. Watch carefully to avoid overcooking.
- For added flavor, add dry seasonings before grilling or marinate foods before cooking.

Important: Use only silicone, plastic and wooden utensils when cooking on the grill. Silicone utensils are especially good because they do not discolor or melt with the high temperature.

CARE AND CLEANING

CLEANING

Caution: To avoid accidental burns, allow cleaning.

1. Before cleaning, unplug grill from wall.
- Important: Heat continues to be ON until**
2. Place drip tray under front of grill. Use fat and food particles left on the grill pl
3. Use a warm, soapy sponge to wipe pla again to remove any soapy residue. Dr towel.
4. Empty drip tray and wash in warm, soa towel.
5. To remove stubborn buildup, use a nylc the grill plates.

Important: Do not use metallic scrubbing cleaners to clean any part of your grill; u pads.

6. To clean the grill cover, wipe with a wa cloth.

Important: Do not immerse body of grill in

7. Any servicing requiring disassembly of preformed by a qualified electrician.

Caution: Make sure to hold grill cover by accidental closing and injury.

STORAGE

- Always make sure grill is clean and dry

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
Finish on grill plates has cut marks.	Metal utensils have been used.	Always use heatproof plastic, nylon or wood utensils to avoid scratching nonstick surface of grill plates. Never use metal skewers, tongs, forks or knives.
Grill marks on food are very light.	Grill was not fully preheated before use.	Always preheat grill at least 5 minutes before cooking any foods.
There is food buildup on grill plates.	Grill not properly cleaned after use.	Use nylon scrubbing pad and hot, soapy water to clean grill plates. Do not use steel wool scrubbing pads or abrasive cleaners to clean grill.
Food is dry and burnt.	Food is overcooked.	Because grill is cooking from both sides, food is cooked much faster than in a skillet or under a broiler. Use cooking chart as a guide and check food at lowest time stated on chart.
Grill does not turn on.	Grill is not plugged in.	Check to be sure appliance is plugged into working outlet.

INSTRUCCIONES DE SEGURIDAD

Cuando se usan aparatos eléctricos, siempre tome las medidas básicas de seguridad:

- Por favor lea todas las instrucciones.
- No toque las superficies calientes. Use guantes.
- A fin de protegerse contra un choque eléctrico, no sumerja el cable, los enchufes ni el aparato (ni sus partes desmontables) en agua ni en ningún otro líquido.
- Todo aparato eléctrico usado en la cocina debe ser usado y requiere la supervisión de un adulto.
- Desconecte el aparato del tomacorriente cuando lo limpie o limpiarlo. Espere que el aparato se enfríe antes de limpiarlo.
- No use ningún aparato eléctrico que tenga un problema de funcionamiento. Lleve el aparato a un centro de servicio autorizado para que lo repare. El servicio es gratis al número correspondiente en la lista de direcciones.
- El uso de accesorios no recomendados puede ocasionar incendio, choque eléctrico o lesiones.
- No use este aparato a la intemperie.
- No permita que el cable cuelgue del borde del aparato o entre en contacto con superficies calientes.
- No coloque el aparato sobre ni cerca de superficies calientes o adentro de un horno caliente.
- Tome mucha precaución al mover de aceite u otros líquidos calientes.
- Asegúrese de que las placas desmontables se instalen correctamente.
- Para desconectar, ajuste todo control a la posición de apagado. Después, retire el enchufe del tomacorriente.
- Este aparato se debe usar únicamente para cocinar.

CONSERVE ESTAS INSTRUCCIONES

Este aparato eléctrico es para uso doméstico.



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