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# George Foreman GFSC35 Owner's Manual

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# GEORGE FOREMAN®

## healthPower

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## GFSC35 Slow Cooker Instructions & Guarantee



## IMPORTANT SAFEGUARDS

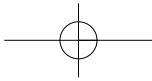
Read these instructions before using your slow cooker. Keep this in a safe place for future reference. When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Don't put the slow cooker in any liquid, don't use it in a bathroom or near any source of water, and don't use it outdoors.
2. The slow cooker must only be used by a responsible adult.
3. This appliance is NOT a toy. Young children should be supervised to ensure they do NOT play with this appliance.
4. This appliance is NOT intended for use by young children or infirmed person unless they are adequately supervised by a responsible person to ensure that they can use the appliance safely.
5. Don't touch hot surfaces (including the outside of the slow cooker). Use oven gloves, and touch only the handles and the lid knob.
6. Keep clear of the steam vent in the lid, and area around the lid.
7. Don't touch any internal surfaces till the slow cooker has cooled down fully.
8. Don't cook on the low setting without first preheating the ceramic bowl in the slow cooker on high for at least 20 minutes.
9. Don't use the slow cooker to re-heat food that's already been cooked.
10. Dried beans (e.g. red kidney beans) must be boiled for at least 10 minutes before being added to the slow cooker. They're poisonous if eaten raw or undercooked.
11. Sit the slow cooker on a stable, level, heat-resistant surface, close to a wall socket and out of reach of children.
12. Route the cable so it doesn't overhang, and can't be caught accidentally.
13. Unplug the slow cooker when not in use, before moving and before cleaning, and let it cool down fully before cleaning and storing away.
14. Don't try to cook in the slow cooker without using the ceramic bowl.
15. Leave a clear space of at least 5cm (2inches) all round the slow cooker when in use.
16. Don't cover the slow cooker or put anything on top of it while in use.
17. Don't use the slow cooker near or below curtains or other combustible materials.
18. Keep the cable, the slow cooker, and the ceramic bowl away from hotplates, cook tops and burners.
19. Don't put a hot ceramic bowl on a cold surface or in cold water, as it may crack.
20. Don't put cold water into a hot ceramic bowl or hot water into a cold ceramic bowl, as it may crack.
21. Don't use the ceramic bowl with any appliance (cook-top, stove, oven, microwave oven, etc) other than the slow cooker.
22. Don't use accessories or attachments other than those we supply.
23. Don't use the slow cooker for any purpose other than that described in these instructions.
24. Don't connect this slow cooker to an external timer or remote control system.
25. Don't use the slow cooker after it malfunctions or if the cable or plug is damaged. If the cable is damaged, the slow cooker must be returned in order to avoid hazard. (see "service" on page 8).
26. There are No User serviceable parts inside the slow cooker, contact supplier for repairs.



## SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY



## before using for the first time

Remove all packaging and clean the slow cooker, to remove manufacturing dust, etc. See "care and maintenance" on page 7.

## the benefits of slow cooking

- health** The gentle cooking action reduces damage to vitamins and retains more of the nutrients and flavours.
- economy** Long, slow cooking can tenderise the cheaper, tougher cuts of meat, and uses about a quarter of the power of the small ring on the average.
- convenience** Prepare the ingredients the night before, put them in the slow cooker in the morning, have a delicious meal waiting for you when you get home.

## preparation

Some of the recipes call for meat to be browned and/or vegetables to be sautéed. Do this in a pan, not in the ceramic bowl. Don't use the ceramic bowl for cooking anywhere other than inside the slow cooker.

Thaw frozen food completely before adding to the ceramic bowl.

Don't cook on the low setting without first preheating the ceramic bowl in the slow cooker on high for at least 20 minutes.

Soak dried peas and beans for 8 hours (or overnight) before cooking, to soften them.

**warning** Dried beans (e.g. red kidney beans) must be boiled for at least 10 minutes before being added to the slow cooker. They're poisonous if eaten raw or undercooked.

Lentils don't need soaking overnight.

Store ingredients prepared beforehand (e.g. the night before) in a fridge. Don't put the slow cooker or the ceramic bowl into the fridge.

Root vegetables (potatoes, carrots, onions etc.) take much longer to cook than meat.

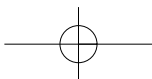
Cut them to about 5mm (quarter inch) thick slices, sticks or dice.

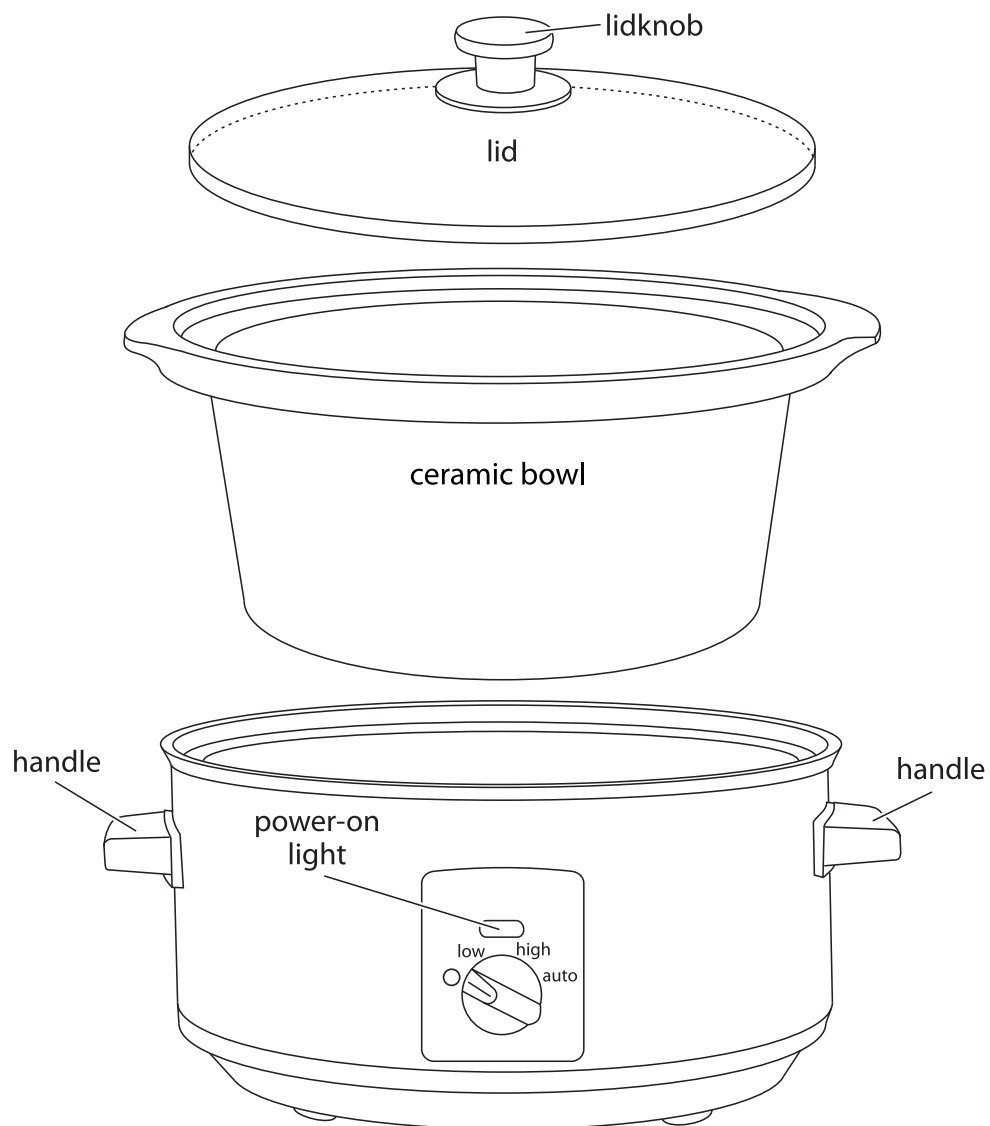
If possible, sauté gently for 2-3 minutes before adding to the ceramic bowl.

All vegetables (including dried veg) must be immersed in the cooking liquid.

When cooking with rice, use at least 150ml (4 pt) of cooking liquid for each 100g (4oz) of rice. We've found that "easy-cook" rice gives the best results.

Pasta isn't suitable for slow cooking, it becomes too soft. If your recipe requires pasta, it should be stirred in 30-40 minutes before the end of the cooking time.

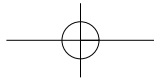




## the switch

The slow cooker is controlled by a 4-position switch:

- 0** The slow cooker is switched off and the power-on light is off. When you turn the switch, the slow cooker and the power-on light are switched on and remain on till the switch is returned to the 0 (off) position.
- low** Cooks at low power. Use only after preheating the slow cooker on **high** for at least 20 minutes.
- high** Cooks at maximum power. Take care that the food doesn't dry out. If it does, don't just add cold water, you might crack the ceramic bowl. switch off, unplug, then either let it cool or add hot water.
- auto** This is the setting you'll use most. Cooking starts at **high** power then switches automatically to **low**.



## **in use**

- 1 Decide when you want to eat and when you want to start cooking.
- 2 Find a recipe that suits your timing. If you want to eat at 6 p.m., and you need to start cooking at 8 a.m., find a recipe that takes about 10 hours.
- 3 Prepare the food as described in the recipes booklet.
- 4 Sit the slow cooker on a stable, level, heat-resistant surface, close to a wall socket and out of reach of children. Don't plug it in yet.
- 5 Remove the lid and lift out the ceramic bowl.
- 6 Put the food in the ceramic bowl.
- 7 Lower the ceramic bowl into the slow cooker and replace the lid.
- 8 Plug the slow cooker into the wall socket. If necessary, switch the socket on.
- 9 Turn the switch on the slow cooker to the required setting.
- 10 At the end of the cooking time, turn the switch to 0 (off) and unplug the slow cooker from the wall socket (switch the socket off, if switchable).
- 11 Using oven gloves, remove the lid from the slow cooker and set it on a heatproof surface, then serve the food.
- 12 Cleaning can be made much easier if you remove all the cooked food from the ceramic bowl, then fill it with warm water. See "care and maintenance", on page 7.

## **'one-step' cooking**

Use this method when time is at a premium.

Preheat the slow cooker and boil the cooking liquid in a separate pan.

Remove the lid (use oven gloves) and put it on a heatproof surface.

Put the raw ingredients into the ceramic bowl and add the boiling hot cooking liquid.

Replace the lid (use oven gloves) and turn the switch to the setting required.

## **'normal' cooking**

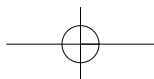
This method takes longer, but the results are usually worth the extra time.

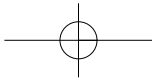
While the slow cooker is warming up, brown meat and vegetables in a pan. If you use a tinned cooking sauce, add it to the cooking liquid. Boil the cooking liquid in a pan.

When the slow cooker has heated up, remove the lid (oven gloves) and put it on a heatproof surface. Put the ingredients into the ceramic bowl and add the boiling cooking liquid. Replace the lid (oven gloves) and turn the switch to the setting required.

## **gravy/sauce**

Slow cooking retains more of the juices than normal cooking. This tends to increase the volume of cooking liquid and thin the sauce or gravy. To allow for this, sauces should initially be thicker than normal. Anything to be sautéed could be tossed in seasoned flour beforehand, to thicken the gravy/sauce.





## recipes

Use them initially to familiarise yourself with the capabilities of your slow cooker. Then use them as a guide, vary the ingredients, vary the quantities, and taste the results. Keep notes, write down what changes you make, and you'll build up a range of recipes which suit your taste. Keep notes of the not so successful ones as well, so that you know what not to do next time.

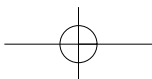
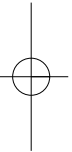
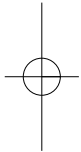
To adapt your own recipes for the slow cooker, we suggest you find a recipe in the recipe booklet which uses similar ingredients and use that as a guide for timing and liquid quantity, along with the food preparation guidelines given earlier.

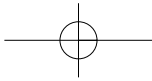
Be careful with quantities. After all the initial ingredients are put into the ceramic bowl, it shouldn't be more than threequarters full, to allow for expansion. If you overfill, it may spit hot water.

## soup

If home-made soup appeals to you, then try some in your slow cooker. Tasty, home-made soup can be left simmering all day or overnight. Soup benefits from long cooking, so there's no need to worry if it's left for a few hours longer than intended. Flavours develop and mingle slowly and gently .

- 1 Trim and cut up the meat and/or vegetables.
- 2 Fry them lightly In a large pan, with a little cooking oil/butter/margarine.
- 3 If thickening is required, stir in flour or cornflour, then gradually add stock.
- 4 Bring to the boil, season to taste, and transfer to the ceramic bowl.
- 5 Cook for the time shown, then adjust the seasoning.
- 6 Don't add milk till the final half hour of cooking. Cream or egg yolk may be added just before serving.





## care & maintenance

1. Before doing anything else, unplug the slow cooker from the wall socket.
2. Using oven gloves, remove the lid and ceramic bowl and put them on a heatproof surface
3. Even if you don't intend to wash up right away, fill the ceramic bowl with warm water, otherwise the residual heat may bake any food debris on the ceramic bowl, making its eventual removal more difficult.
4. Don't soak the exterior of the ceramic bowl in water. The base is porous and will soak up water which may cause it to crack when heated. Wash the lid and ceramic bowl in hot soapy water, using a cloth or sponge, then rinse and dry thoroughly. Don't use scouring pads.
5. All other surfaces, internal and external, should be wiped with a damp cloth. You may use a little mild household detergent (washing up liquid) if necessary. These surfaces should be dry before re-using the slow cooker and storing it away.
6. After some time in use, the glaze on the ceramic bowl may develop 'crazing', a network of small cracks. This marking is superficial, and should not be a cause for concern.

Don't immerse the body of the slow cooker in water or any other liquid.

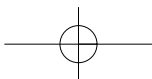
Don't use harsh or abrasive cleaners

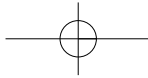
ONLY the ceramic bowl is dishwasher safe!

Do NOT put any other part of the slow cooker in the dishwasher.

## service

The product isn't user-serviceable. If it's not working, read the instructions, check the fuse/circuit breaker. If it's still not working, consult **Salton**. See details on back cover of this instruction guide.





## Limited 1 year warranty

Nothing in this guarantee or the instructions relating to the product excludes, restricts or otherwise affects the statutory rights of the consumer.

Register your warranty card now to receive these benefits:

- Receive information on special price offers and promotions
- Notification of any issues concerning your product

Salton (Aust) Pty Ltd / Salton NZ Ltd warrants this product free from defects in material and workmanship for one (1) year from provable date of purchase. Within this warranty period Salton (Aust) Pty Ltd / Salton NZ Ltd will repair or replace defective parts at no charge, provided the product is returned to the place of purchase with proof of purchase date.

The warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart, altered or serviced by an unauthorised repairer.

In line with our policy of continuous product development, we reserve the right to change the product, packaging and documentation specifications without notice.

The product conforms to Radio Frequency Interference requirements.  
230-240V 50Hz AC Only.

Please keep your receipt as proof of purchase. To register your product please:

- Visit [www.salton.com.au/warranty](http://www.salton.com.au/warranty) OR
- Fill in the warranty card and send it to the address shown



## CUSTOMER SERVICE

### AUSTRALIAN CUSTOMER SERVICE

Salton (Aust) Pty. Ltd.  
P.O. Box 683  
Braeside Victoria 3195  
Australia  
Freecall: 1800 427 842  
Hours: 9am-5pm (EST) Mon-Fri

### NEW ZEALAND CUSTOMER SERVICE

Salton NZ Limited  
P.O. Box 300 201  
Albany, Auckland  
New Zealand  
Freecall: 0508 629 777  
Hours: 9am-5pm Mon-Fri

[www.salton.com.au](http://www.salton.com.au)

