

GEORGE FOREMAN®

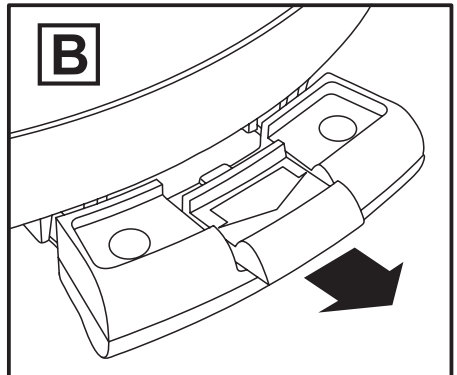
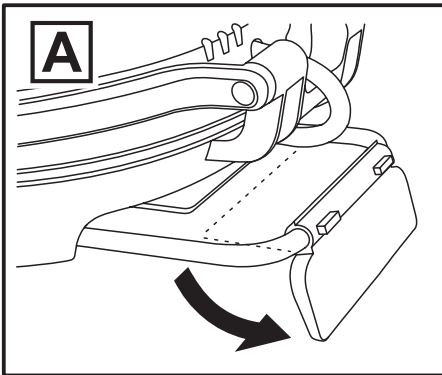
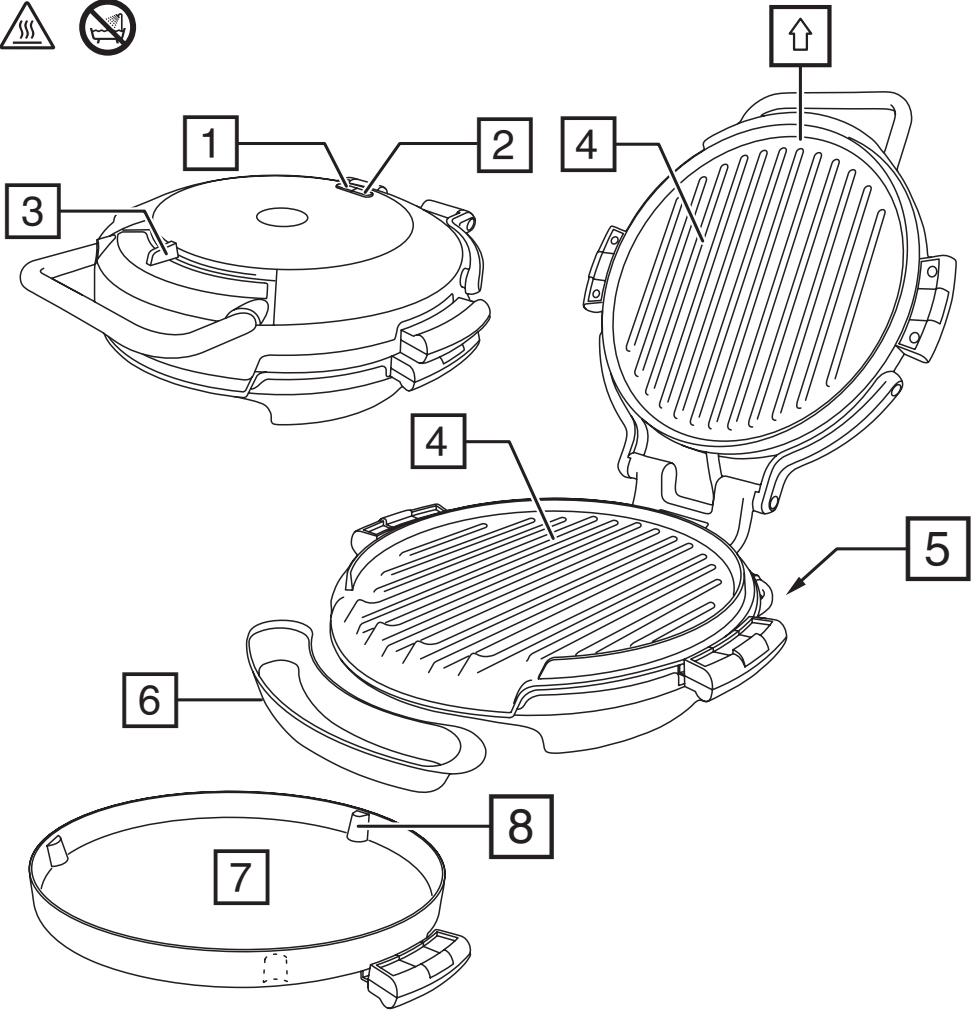


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Read the instructions, keep them safe, pass them on if you pass the grill on.
Remove all packaging before use.

IMPORTANT SAFEGUARDS

Follow basic safety precautions, including:


This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.

Keep the appliance and cable out of reach of children under 8.

Don't connect the appliance via a timer or remote control system.

 The surfaces of the appliance will get hot during use.

If the cable is damaged, return the appliance, to avoid hazard.

-  Do not use this appliance near bathtubs, showers, basins or other vessels containing water.
- Don't wrap food in plastic film, polythene bags, or metal foil. This will damage your grill and you may cause a fire hazard.
- Don't use your grill for any purpose other than cooking food.
- Don't use your grill if it is damaged or malfunctions.

HOUSEHOLD USE ONLY

PARTS

- | | |
|-----------------------------|----------------------|
| 1. Power light (red) | 5. Foot (underneath) |
| 2. Thermostat light (green) | 6. Drip tray |
| 3. Temperature control | 7. Deep plate |
| 4. Grill plates | 8. Alignment post |

BEFORE USING FOR THE FIRST TIME

Wipe the grill plates with a damp cloth.

Your grill may smoke a little the first time you use it. This is normal and will soon disappear.

TILTING/LEVELLING THE GRILL

You can tilt your grill so that fat and juices run into the drip tray when cooking things like burgers, meat, etc. Alternatively, you can use your grill level for cooking things like panini, sandwiches, etc., or when using the deep plate.

To tilt your grill extend the foot downwards below your grill (FIG A). Fold the foot flat again to level your grill.

PLATES

The grill plates are best for grilling meat, sausages and anything that might give off fat. Use with the grill in the tilted position.

Deep plate—the deep plate is ideal for cooking non-fatty items, pizza, baking, pittas, calzone and batters (e.g. Yorkshire pudding). Use with the grill in the level position. You must always have the upper grill plate fitted when using the deep plate.

To fit the plates:

Unplug your grill and let it cool completely before fitting or removing plates.

All the lower plates are marked on their underside with the word **LOW** next to the handle. Fit the upper grill plate with the arrow pointing upwards. Fit the deep plate with the alignment post facing the hinge.

1. Open the grill. Fit one plate at a time.
2. Slide the central part of the latches outwards (FIG B).
3. Fit the plate then release the latches to lock the plate in place.

To remove the plates:

1. Open the grill. Remove one plate at a time.
2. Slide the latches outwards and lift the plate off the grill.

USING YOUR GRILL

- Sit your grill on a stable, level, heat-resistant surface, away from cupboards, curtains, etc.
 - Position the drip tray underneath the front of your grill. The drip tray will collect any fat or juices that run off the plates during cooking.
1. Set the temperature control from **MIN** to **MAX**. The times in the recipes are for food cooked at **MAX**. You'll need to experiment to find the ideal temperature/time combinations for your favourite foods.
 2. Put the plug into the power socket. The power light will come on.
 3. The grill plates will now start heating up.
 4. When the thermostat light goes out your grill is at the cooking temperature you have selected. The thermostat light will cycle on and off as the thermostat operates to maintain the temperature.
 5. Open your grill and carefully lay the food on the bottom grill plate. Close the grill.
 6. When you have finished cooking unplug your grill.
- Check that the food is cooked. If you're in any doubt, cook it a bit more.
 - Always use an oven glove when opening or closing the grill, or placing or removing food.
 - Use wooden or plastic utensils to prevent damage to the plates.
 - When necessary, use an oven glove and empty the drip tray into a heatproof bowl. Wipe it with kitchen paper then slide it back between the runners under the front of your grill.

COOKING TIMES AND FOOD SAFETY

The following times should be used purely as a guide. They are for fresh or fully defrosted food on **MAX**.

MEAT	NOTES	TIME (MIN)
Steak	For best results, cook steaks when they are at room temperature. Rest for 3-6 mins after cooking.	Medium rare 2
		Medium 3
		Well done 5 +
Chicken breast	Cook until juices run clear.	8-10

Lamb chops		Pink 4
		Medium 5-6
		Well done 8
Pork chops	Cook until juices run clear. Approx. 1-2 cm thick.	5-8
Sausages	Turn occasionally	6-10
Burgers	Turn occasionally	6-10
Bacon		3-5
Gammon		5-6
FISH		
Salmon		3-5
Prawns		1-2
Flat fish	Plaice, Sole, etc.	2-6
Round fish	Haddock, Cod, etc.	3-8
Tuna / swordfish		5-10
VEGETABLES		
Peppers		4-6
Aubergine	Sliced	6-8
Asparagus		3-4
Carrots	Sliced	5-7
Courgette	Sliced	1-3
Tomatoes	Halved	2-3
Onions	Cut into wedges	5-6
Mushrooms	Whole, flat mushrooms	3-6
Corn on the cob		4-6
OTHER		
Haloumi		2-4

- 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 poultry, pork, burgers, etc., until the juices run clear. Cook fish, prawns, etc., until the flesh is opaque throughout.
- When cooking pre-packed foods, follow any guidelines on the package or label.

CARE AND MAINTENANCE

1. Unplug your grill and let it cool completely before cleaning or storing.
 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.
- Take extra care with the non-stick cooking surfaces. Don't use harsh or abrasive cleaners, 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.

RECIPES

Chilli and Lime Butterfly Chicken (Serves 4)

- 4 butterflied chicken breasts
 - 3 tbsp chilli powder
 - 2 tbsp olive oil
 - Juice and zest of 1 lime
 - 4 garlic cloves, finely chopped
 - 1 tsp ground coriander
 - 1 tsp ground cumin
 - salt and pepper to taste
1. To make the marinade, mix together all of the ingredients except the chicken. Pour the marinade over the chicken making sure all the chicken is covered. Cover with cling film and leave to marinate in the fridge for at least 2 hours.
 2. Heat the grill to maximum and cook the chicken for 8-10 minutes (depending on thickness) until the juices run clear.

Sausage and Herb Stuffed Pork (Serves approx. 4)

- 250g sausage meat
 - 30g fresh breadcrumbs
 - 2 tbsp fresh parsley
 - ½ tsp dried thyme
 - ½ tsp dried marjoram
 - 2 whole pork fillets
 - 8 cocktail sticks soaked in water and dried
 - Salt and pepper to taste
1. Mix the sausage meat, marjoram, thyme, parsley, salt and pepper together.
 2. Cut each pork fillet into two. Cut a slit into each piece to make a pocket. Stuff the pocket with the sausage mixture and fasten the edges together with the cocktail sticks.
 3. Grill on maximum for 5-10 minutes until the juices run clear.

Honey and Mustard Pork Loin Steak (Serves 4)

- 4 pork loin steaks
 - 2 tbsp grain mustard
 - 80g honey
 - 50g dark brown sugar
 - 2 tbsp olive oil
 - Salt and pepper to taste
1. Mix together the mustard, honey, sugar, olive oil, salt and pepper. Pour over the pork steaks. Cover with cling film and leave to marinate in the fridge for at least 2 hours.
 2. Heat the grill to maximum and cook the pork for 8-10 minutes (depending on thickness) until the juices run clear.

Lemon and Parsley Stuffed Grilled Trout (Serves 4)

- 4 butterflied trout
 - 5 lemon slices per fish
 - 6-8 fresh parsley leaves per fish
 - 2 garlic cloves, chopped, per fish
 - 1 tbsp olive oil per fish
 - Salt and pepper to taste
1. Open the trout out and check there are no bones left inside by lightly running your finger over the flesh. Season both sides of the fish then on one side, place alternately a slice of lemon followed by a piece of parsley. Sprinkle the garlic over the fish.
 2. Drizzle with the olive oil. Fold the fish back together.
 3. Heat up the grill to maximum. Cook for 5-8 minutes depending on the thickness of the fish.
- Top tip – most supermarkets with a fish monger will butterfly the trout for you.

Szechuan Tuna Steaks (Serves 4)

- 4 tuna steaks, approx. 2-3 cm thick
 - 60ml soy sauce
 - 2 tbsp rice vinegar
 - 1 tsp sugar
 - 1 tbsp sesame oil
 - 1 tbsp chilli oil
 - 1 clove garlic, crushed
 - 1 tbsp ground Szechuan pepper corns
 - 3 tbsp coriander, chopped
1. Mix together the soy sauce, vinegar, sugar, sesame oil, chilli oil, Szechuan pepper and garlic.
 2. Set aside 2 tablespoons of the sauce then pour the remainder over the tuna steaks. Cover with cling film and refrigerate for 40 minutes, turning over once.
 3. Preheat the grill to maximum temperature and grill for 4-6 minutes until tuna is opaque but still feels soft in centre.

4. Drizzle the tuna with the reserved sauce and sprinkle with coriander.

Grilled Salmon with Lemon Basil Butter (Serves 4)

- 4 200g salmon fillets
 - 1 tsp paprika
 - 1 tsp cracked black pepper
 - 100g butter, melted
 - 1 tbsp fresh basil, finely minced
 - 1 tbsp fresh lemon juice
 - 1 spring onion, finely chopped
 - Salt to taste
1. Rub both sides of the salmon with paprika and pepper. Grill on maximum for approx. 5 minutes until the fish starts to flake and is cooked through.
 2. Mix the butter, basil, lemon juice, spring onions and salt together.
 3. Spoon the lemon basil butter over the salmon to serve.

Tandoori Grilled Chicken (Serves 4)

- 2 boneless, skinless chicken breasts
 - 200 natural 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
1. For the marinade, mix the yogurt, lemon juice, paprika, garlic, ginger, cumin, cayenne and cinnamon together. Cut each chicken breast into two equal pieces and add them to the marinade. Mix well making sure the chicken is well coated. Cover and refrigerate for at least 2 hours.
 2. Heat the grill to maximum and cook the chicken for 5-7 minutes until the juices run clear. Discard the marinade.

Feta, Red Onion and Red Pepper Sandwich (Serves 1)

- 2 thick slices wholegrain bread
 - 50g feta cheese
 - ½ red onion, thinly sliced
 - ½ red pepper, deseeded and thinly sliced
 - 2 tbsp balsamic vinegar
 - Salt and pepper to taste
1. Mix the onion, red pepper, balsamic vinegar, salt and pepper. Cook on maximum heat for 1-2 minutes until softened.
 2. Take a slice of bread and place the peppers on top. Crumble the feta on top then cover with the other slice of bread.
 3. Wipe the grill plates clean with a paper towel then grill the sandwich for 2-3 minutes.

Smoked Mackerel Sandwich (Serves 1)

- 2 smoked mackerel fillets
- 2 thick slices of whole grain bread
- 4 cherry tomatoes, halved
- ½ a bunch of watercress

Dressing:

- 2 tbsp crème fraîche
 - ½ tsp lemon zest, grated
 - squeeze lemon juice
 - Salt and pepper to taste
1. Mix the dressing ingredients together.
 2. Spread a little of the dressing onto each slice of bread. Flake the mackerel onto one slice of bread then top with the tomatoes and watercress. Place the other slice on top.
 3. Grill on medium heat for 2-3 minutes. Serve with the remaining dressing.

Pizza Pitta Pockets (Serves 2)

- 2 wholemeal pitta breads
- 2 slices cooked ham or turkey
- 50g mozzarella
- 2 tomatoes, thinly sliced
- 2 mushrooms, thinly sliced
- ¼ small onion, thinly sliced
- 1 tbsp sweetcorn
- ½ green pepper, diced
- 1 tbsp tomato purée
- 1 tsp olive oil
- 1 tsp dried mixed herbs
- Salt and pepper to taste

1. Carefully slice open the pitta bread to form pockets. Spread the tomato purée inside each pocket.
2. Cut the ham/turkey into strips, mix in a bowl with the other ingredients, then fill the pitta pockets.
3. Grill on medium heat for 3-5 minutes.

Cream Cheese Chicken Parcels (Serves 2)

- 1 skinless chicken breast
 - 2 flour tortilla wraps
 - 100g cream cheese
 - 100g fresh baby spinach leaves
 - 1 tsp mustard powder
 - 1 tsp grated nutmeg
 - Salt and pepper to taste
1. Season the chicken then grill on maximum heat for 6-8 minutes until the juices run clear. Remove from the grill. Let the chicken cool then cut it into strips.
 2. Wash, dry and season the spinach. Wilt it on the grill for 20-30 seconds. Remove and dry the spinach with kitchen paper.
 3. Mix the cream cheese, mustard, nutmeg and spinach in a bowl and fold in the chicken strips. Spoon the mixture into the centre of the tortilla wraps. Fold over the end of the wrap then roll it up. Warm the filled wraps on the grill for 2-3 minutes.

Thai Style Chicken Wrap (Serves 4)

- 2 skinless chicken breasts
- 2 tomatoes, sliced
- 1 avocado, sliced
- 2 spring onions, sliced
- 4 tortilla wraps
- Fresh coriander leaves
- Salt and pepper to taste

Marinade:

- 4 tbsp olive oil
 - Juice of 1 lime or lemon
 - 2 tbsp sweet chilli sauce
 - 1 tbsp soy sauce
 - ¾ tsp ground cumin
 - ½ tsp fresh ginger
 - ½ stick of lemon grass, crushed
 - 1 clove garlic, crushed
 - 1 green chilli, finely diced
1. Mix the marinade ingredients together. Cut the chicken breasts in half lengthways and add to the marinade making sure they are well coated. Cover the bowl with cling film and leave in the fridge for at least 2 hours.
 2. Preheat the grill to maximum, season and grill the chicken for 6-8 minutes until the juices run clear. Leave to cool slightly.
 3. Carefully wipe the grill plates clean then warm the tortillas for 30 seconds. Remove them from the heat.
 4. Place some of the lettuce, tomato, avocado and spring onions on each tortilla then lay a piece of the chicken on top. Cover with coriander leaves and season. Fold the bottom of the tortilla up and over the chicken then fold in the sides of the tortilla to form an envelope.

Herbed Chicken and Mushroom Kebabs (Serves 4)

- 2 skinless chicken breasts
 - 500g button mushrooms
 - 1 tsp dried rosemary
 - 1 tbsp dried parsley
 - ½ tsp dried thyme
 - 30ml lemon juice
 - 2 tbsp white vinegar
 - 60ml chicken stock
 - Salt and pepper to taste
 - 8 wood skewers soaked in water and dried
1. Mix the rosemary, parsley, thyme, lemon juice, vinegar, stock, salt and pepper together. Cut the chicken into approx. 2 cm cubes and add them together with the mushrooms to the mix. Mix well making sure everything is well coated. Cover and refrigerate for 4-6 hours, turning occasionally.

2. Skewer the chicken and mushrooms. Grill on maximum heat for approx. 5-7 minutes until the juices run clear. Discard the marinade.

Refreshing Greek Lamb Burger (Serves approx. 6)

- 500g minced lamb
- 2 tbsp fresh mint, finely chopped
- ½ red onions, finely chopped
- 1 tbsp fresh coriander, finely chopped
- 2 tsp ground cumin
- 80g pomegranate
- 2 tsp smoked paprika
- Salt and pepper to taste
- 3 cloves garlic, finely chopped

1. Mix together all of the ingredients except the pomegranate. Carefully mix in the pomegranate. Divide the mix into six and mould into burger shapes. Refrigerate for 20 minutes.
2. Heat the grill to maximum and cook the burgers for 8-10 minutes depending on thickness, making sure the juices run clear before serving.
3. Serve on flat bread with tzatziki, cucumber and red onion.

BBQ Pork burger (Serves approx. 6)

- 300g minced pork fillet
- 1 red pepper, finely chopped
- 200g plain sausage meat
- 3 cloves garlic, finely chopped
- 2 tsp Jerk seasoning
- ½ red onions, finely chopped
- 30g BBQ sauce
- Salt and pepper to taste

1. Mix all of the ingredients together. Divide the mix into six and mould into burger shapes. Refrigerate for 20 minutes.
2. Heat the grill to maximum and cook the burgers for 8-10 minutes depending on thickness, making sure the juices run clear before serving.
3. Serve on a toasted brioche bun with coleslaw, grain mustard and mayonnaise

Big Wave Fish Burger (Serves approx. 6)

- 500g white fish e.g. plaice or cod
- 2 tbsp parsley, finely chopped
- 1 shallot, finely chopped
- 1 Free range egg white
- 40g capers, finely chopped
- 60g breadcrumbs
- 3 tsp lemon zest
- Salt to taste

1. Mince 300g of the fish. Finely dice the remaining 200g.
2. Mix together the remaining ingredients and add the fish.
3. Divide the mix into six and mould into burger shapes. Refrigerate for 20 minutes.
4. Heat the grill to maximum and cook the burgers for 8-10 minutes depending on thickness.
5. Serve on a sesame seed bun with lettuce and tartare sauce.

Firecracker Chicken Burger (Serves approx. 6)

- 400g minced chicken leg
- 2 tbsp fresh basil, finely chopped
- 100g minced chicken breast
- 20 drops Tabasco sauce
- 100g chorizo
- 2 tsp Chilli flakes
- 1 red pepper, finely chopped
- 80g manchego or cheddar cheese
- ½ red onions, finely chopped
- Salt and white pepper to taste

1. Cut the chorizo and cheese into approximately 0.5 cm dice. Add the remaining ingredients, and mix well.
2. Divide the mix into six and mould into burger shapes. Refrigerate for 20 minutes.
3. Heat the grill to maximum and cook the burgers for 8-10 minutes depending on thickness, making sure the juices run clear before serving.
4. Serve on a lightly toasted ciabatta bun with tomato, red pepper, lettuce and chilli mayonnaise.

Big Summer Bonanza Burger (Serves approx. 6)

- 500g steak mince - high quality cut
 - 1/2 white onion, finely chopped
 - 4 cloves garlic, finely chopped
 - 2 tbsp tomato ketchup
 - 1 tbsp English mustard
 - 3 tbsp parsley, finely chopped
 - Salt and pepper to taste
1. Mix all of the ingredients together. Divide the mix into six and mould into burger shapes. Refrigerate for 20 minutes.
 2. Heat the grill to maximum and cook the burgers for 8-10 minutes depending on thickness, making sure the juices run clear before serving.
 3. Serve on a sesame bun with avocado, pancetta, tomato, gherkin, burger relish, lettuce, fried egg and cheese.

Hearty Vegetable Burger (Serves approx.6)

- 400g green lentils, cooked, drained and slightly crushed
- 100g chickpeas, cooked, drained and slightly crushed
- 1 carrot, grated
- 100g celeriac, grated
- 1/2 white onion, finely chopped
- 4 cloves garlic, finely chopped
- 2 tbsp thyme leaves
- 2 tbsp olive oil
- 160g butternut squash, roasted
- 2 tsp chilli flakes
- 1 tsp smoked paprika
- 1 1/2 tsp ground mace
- 2 tsp Cajun spice
- 180g breadcrumbs, fine
- Salt and pepper to taste

To serve: Whole grain bun, grilled haloumi, grilled courgette, lettuce

1. Mix all the ingredients together.
2. Divide the mix into six and mould into burger shapes. Refrigerate for 20 minutes.
3. Heat the grill to maximum and cook the burgers for 6-8 minutes depending on thickness.
4. Serve on a whole grain bun with grilled haloumi, grilled courgette and lettuce.

Pumpkin and Rosemary Burger (Serves approx. 6)

- 300g minced beef
 - 200g sausage meat
 - 100g pumpkin
 - 15ml olive oil
 - 1 tbsp fresh rosemary, finely chopped
 - 2 sprigs rosemary
 - 1/2 white onion, finely chopped
 - 4 cloves garlic, finely chopped
 - 100g cooked beetroot, grated
 - Salt and pepper to taste
1. Pre heat an oven to 180°C. Cut the pumpkin into approximately 1cm pieces. Mix with the olive oil and rosemary sprigs. Roast for 15–20 minutes. Leave to completely cool.
 2. Mix together the remaining ingredients with the pumpkin. Divide the mix into six and mould into burger shapes. Refrigerate for 20 minutes.
 3. Heat the grill to maximum and cook the burgers for 8-10 minutes depending on the thickness, making sure the juices run clear before serving. Serve on a sesame bun with goats' cheese, red onion relish.

Winter Warmer Burger (Serves approx. 6)

- 50g minced beef
 - 150g steak mince
 - 1/2 red onion, finely chopped
 - 100g prunes, chopped
 - 2 tbsp rosemary, finely chopped
 - 3 tsp horseradish sauce
 - 80g pre cooked chestnuts, chopped
 - Salt and pepper to taste
1. Mix all of the ingredients together.
 2. Divide the mix into six and mould into burger shapes. Refrigerate for 20 minutes.
 3. Heat the grill to maximum and cook the burgers for 8-10 minutes depending on the thickness, making sure the juices run clear before serving.

- Cut the bun in half and grill lightly. Place the burger onto the lettuce then top with a spoonful of the redcurrant mayonnaise and crisp parsnip.
- Serve on a crusty white bun with crisp parsnips, lettuce and redcurrant mayonnaise.

Festive Turkey Burger (Serves approx. 6)

- 300g minced turkey leg
 - 200g sausage meat
 - ½ white onion, finely chopped
 - 3 cloves garlic, finely chopped
 - 60g dried apricots, chopped
 - 60g dried cranberries
 - 2 tbsp fresh sage, finely chopped
 - Stuffing crumb to coat the outside
 - Salt and pepper to taste
- Mix together all of the ingredients (except the stuffing crumb). Divide the mix into six and mould into burger shapes. Refrigerate for 20 minutes. Remove from the fridge and coat in the stuffing crumb.
 - Heat the grill to maximum and cook the burgers for 8-10 minutes depending on the thickness, making sure the juices run clear before serving.
 - Serve on a crusty white bun with brie, streaky bacon, cranberry mayonnaise and lettuce.

Quick and Easy Grilled Bananas (Serves 2)

- 2 bananas, peeled
 - 30g walnuts, finely chopped
 - 2 tbsp golden caster sugar
 - ½ tsp cinnamon
- Mix the walnuts, sugar and cinnamon in a bowl. Split the bananas lengthwise, then across their width.
 - Pre heat the grill to maximum then place the bananas on the grill flat sides up. Spoon some of the mixture on top of each piece. Grill for approx. 3-4 minutes until the bananas are warm and the cinnamon and walnuts are slightly glazed.

Vanilla Fruit Kebabs (Serves 4)

- ½ fresh pineapple
 - 1 small orange, peeled
 - 2 bananas
 - 2 peaches or nectarines
 - 1 tsp brown sugar
 - 4 tbsp orange juice
 - 2 tsp vanilla extract
 - 150g Greek yoghurt
 - 8 wood skewers soaked in water and dried
- Cut the fruit into chunks and marinade for 10 minutes in the orange juice, brown sugar and half of the vanilla extract.
 - Put the marinated fruit onto the skewers and grill for 4-6 minutes.
 - Mix the Greek yoghurt with the remaining vanilla extract and use as a dip for the kebabs.

THE FOLLOWING RECIPES USE THE DEEP PLATE.

Chicken with a White Wine Cream Sauce (Serves 2)

- 2 chicken breasts (diced)
 - 1 tbsp olive oil
 - 1 small onion, finely chopped
 - 2 cloves garlic, finely chopped
 - 3 mushrooms, sliced
 - 100ml cream
 - 30ml white wine
 - Salt and pepper to taste
- Pre heat the grill to maximum. Add the oil and then add the chicken, garlic and onions, close the lid and cook for 2 - 3 minutes.
 - Add the mushrooms, cream, wine and season, close the lid and cook for 10 - 15 minutes until the chicken is thoroughly cooked, stirring occasionally.

Smoked Haddock Fishcakes (Makes approx. 6 fishcakes)

- 200g smoked haddock fillet, flaked
 - 220g potatoes, peeled and quartered
 - 4 spring onions, finely chopped
 - 1 handful fresh parsley, chopped
 - 1 medium egg
 - 1 tsp Dijon mustard
 - 1 tbsp milk
 - 1 tbsp vegetable oil
 - Pepper and nutmeg to taste
1. Boil the potatoes in lightly salted water until soft. Drain, then mash slightly. Leave to completely cool.
 2. Mix the fish, spring onions, Dijon mustard, parsley, milk, egg, pepper and nutmeg with the potato. Divide the mixture into 6 equal portions. Roll each portion into a ball and flatten slightly to form cakes. Refrigerate for 2 hours.
 3. Heat the grill to maximum. Add the oil and carefully lay the cakes on the plate. Close the lid and cook for 4 minutes. Open the lid, turn the fishcakes, close the lid and cook for a further 4 minutes.

Big Omelette (Serves 6-8)

- 8 medium free range eggs
 - 250g soft cream cheese
 - 200g grated cheddar cheese
 - 2 mixed peppers, diced
 - 4 spring onions, finely sliced
 - ½ bunch fresh chives, finely sliced
 - Salt and pepper to taste
1. Mix together the eggs and cream cheese. Season. Add the remaining ingredients and mix well.
 2. Pre heat the grill to maximum. Pour the egg mixture onto the deep plate. Close the lid and cook for approx. 10-12 minutes until cooked through. Carefully remove the deep plate and tip the omelette out onto a serving plate.

Chocolate Brownie (Makes 1 deep plate)

- 185g butter
- 185g dark chocolate
- 275g golden caster sugar
- 3 large free range eggs
- 40 cocoa powder
- 85g plain flour
- 100g dark chocolate drops
- 100g white chocolate

Chocolate icing:

- 200g butter
 - 150g chocolate
 - 280g icing sugar
 - 1 tsp vanilla extract
1. Whisk together the eggs and sugar until the mix starts to become white and fluffy. Melt the chocolate and butter together and slowly add to the egg whisking continuously.
 2. Sieve the flour and cocoa powder and slowly fold into the egg mixture. Stir in the chocolate drops being careful not to over mix.
 3. Line the deep plate with a circle of baking paper. Pour in the mixture then cook on the medium setting for 20-30 minutes. Leave to completely cool.
 4. For the icing, whisk together the butter and vanilla until it starts to become white and fluffy. Melt the chocolate and add it to butter whilst continuously whisking. Sieve the icing sugar and slowly add it to the butter mix.

Flapjack (Makes 1 deep plate)

- 375g porridge oats
 - 190g butter
 - 190g soft brown sugar
 - 90g golden syrup
 - 120g raisins
 - 100g fudge pieces
1. Melt the butter, sugar and syrup in a pan and combine well, stir in the oats, raisins and fudge pieces.
 2. Cook in the deep plate on maximum heat for 10-12 minutes. Remove and allow to completely cool.

French Toast (Eggy Bread) (Serves 1-2)

- 2 medium free range eggs
 - 2 slices bread
 - 60ml milk
 - 30g golden caster sugar
 - 1tsp vanilla extract
 - 1 tbsp vegetable oil
1. Mix together the milk, eggs, vanilla and sugar. Coat both sides of each slice of bread with the mixture.
 2. Pre-heat to maximum then carefully add the oil to the plate. Lay both slices of bread onto the, close the lid and cook for 4 minutes. Open the lid, turn the bread over then close the lid and cook for a further 4 minutes.

Pizza Base (Makes approx. 4 - 6 pizza bases)

- 250ml water, luke warm
 - 1 tbsp olive oil
 - 1tsp salt
 - 2tbsp caster sugar
 - 400g strong white bread flour
 - 5g (1 ½ tsp) yeast
1. Put the flour, salt, sugar and yeast into a bowl. Mix the oil and water together and gradually add to the flour mixing well to form a dough.
 2. Knead the dough on a floured surface for 5-6 minutes until smooth in appearance and elastic to the touch.
 3. Place the dough in a bowl, cover and leave in a warm place to prove for 45-60 minutes until doubled in size. Knead the dough again, cover and allow to rise for another 45 minutes.
 4. Cut the dough into 4 – 6 equal pieces and roll each piece into a ball. Roll each ball out into a pizza base about 20 cm in diameter.
 5. Place the base into the deep plate and spread with a thin layer of tomato sauce. Add your desired toppings and cook for approx. 15- 20 minutes.

Gluten free Pizza Base (Makes approx. 4 – 6 pizza bases)

- 120ml water, luke warm
 - 120ml milk, luke warm
 - 1 tsp cider vinegar
 - 1 large egg
 - 1 tbsp olive oil
 - 1½ tbsp caster sugar
 - 1 tsp salt
 - ½ tsp bicarbonate of soda
 - 1 tsp xanthan gum
 - 1¾ tsp yeast
 - 400g gluten free bread flour blend
1. Put the flour, salt, sugar, xanthan gum, bicarbonate of soda and yeast into a bowl. Mix the oil, water and vinegar together. Mix the milk and egg together. Gradually add the wet ingredients to the dry ingredients and mix well to form a dough.
 2. Knead the dough on a floured surface for 2 - 3 minutes until it comes together completely.
 3. Place the dough in a bowl, cover and leave in a warm place to prove for 1–1½ hours.
 4. Cut the dough into 4 – 6 equal pieces and roll each piece into a ball. Roll each ball out into a pizza base about 20 cm in diameter.
 5. Place the base into the deep plate and spread with a thin layer of tomato sauce. Add your desired toppings and cook for approx. 15- 20 minutes.

Tomato sauce (Makes approx. 500ml)

- ½ onion, finely diced
 - 1 tbsp olive oil
 - 2 cloves garlic, finely chopped
 - 1 tbsp tomato paste
 - 400g tins chopped tomato
 - 50ml vegetable stock
 - ½ tsp oregano
 - Salt and pepper to taste
1. Heat the oil in a pan on a high heat. Add the onions and garlic and fry until golden brown and soft, stirring continuously.
 2. Turn down the heat to medium and add the tomato paste. Cook for a further 5-6 minutes stirring continuously.

3. Add the remaining ingredients and bring to the boil. Turn the heat down to a simmer and cook for 30-40 minutes. Check the seasoning and then lightly blend the mixture to a paste. Set aside to completely cool.
4. Any leftover sauce can be frozen once cooled. Use for bolognese etc.

Topping ideas

Veg - Mushrooms, peppers, tomato, onion

Meat - Pepperoni, ham, Parma ham, chicken

Fish - Tuna, anchovies, salmon, prawns

Dairy - Mozzarella, goats' cheese, parmesan, cheddar

Other - Olives, jalapenos, herbs

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To avoid environmental and health problems due to hazardous substances, appliances and rechargeable and non-rechargeable batteries marked with one of these symbols must not be disposed of with unsorted municipal waste. Always dispose of electrical and electronic products and, where applicable, rechargeable and non-rechargeable batteries, at an appropriate official recycling/collection point.

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If you ring Customer Service, please have the Model Number 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

Spectrum Brands (UK) Ltd

Fir Street, Failsworth, Manchester M35 0HS

email: support@georgeforeman.co.uk

telephone: 0345 230 0598 (local rate number)

Please note: If you have purchased the product within the last 6 months, please contact the retailer in the first instance to deal with any matters relating to warranty.

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