

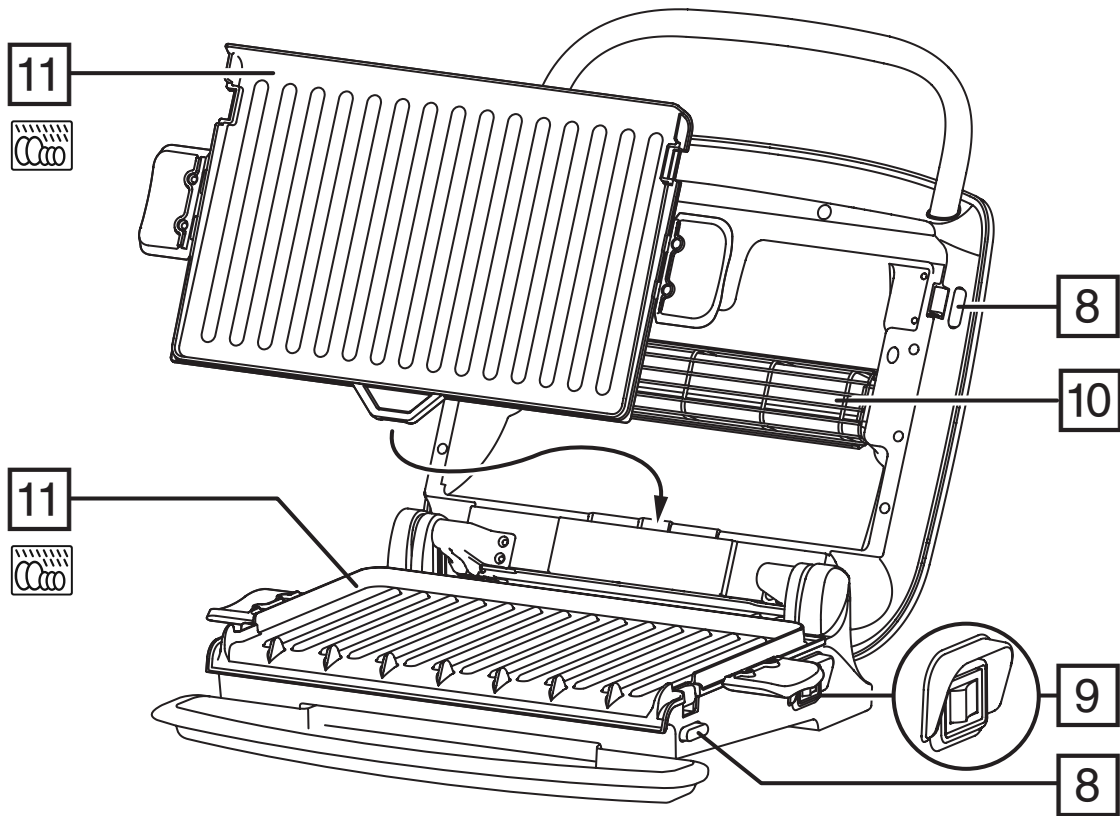
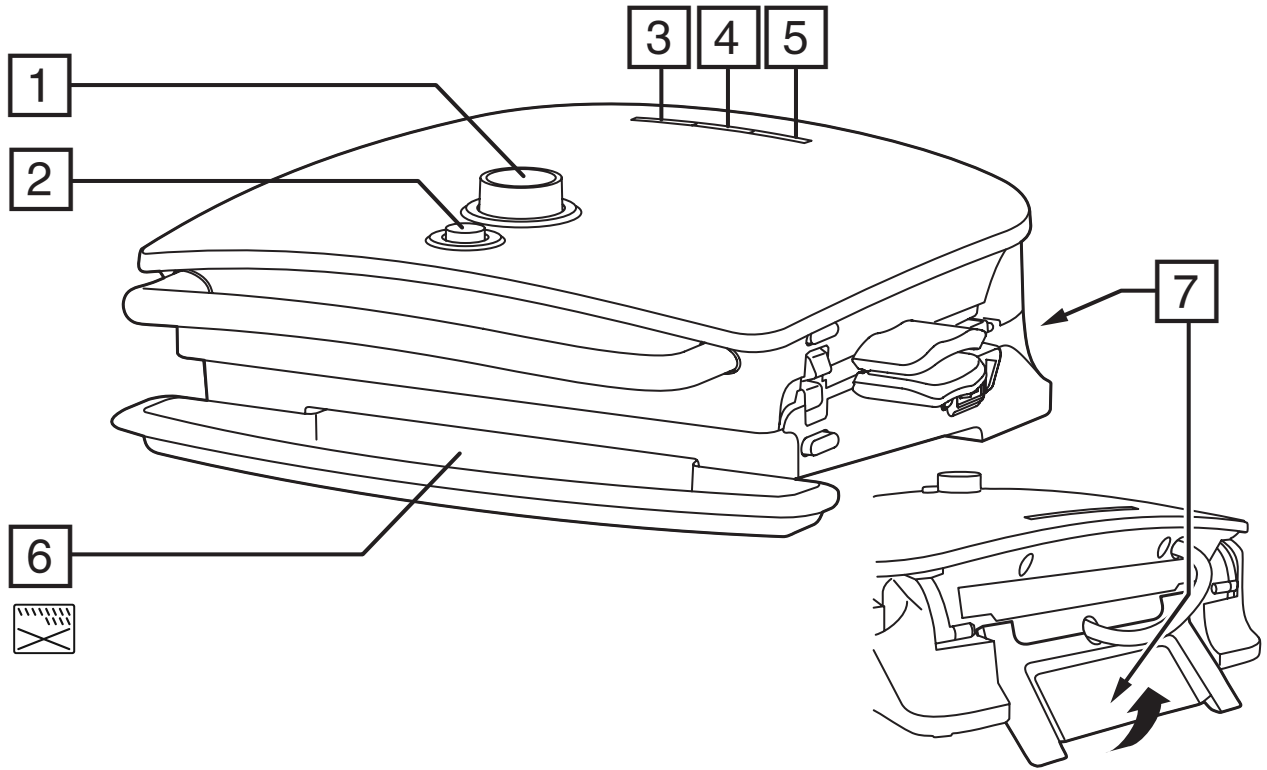
# George Foreman Fat Reducing Grill



instructions and  
recipes

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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 supervised/instructed and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be done by children unless they are older than 8 and supervised. Keep the appliance and cable out of reach of children under 8 years. Don't connect the appliance via a timer or remote control system.


 The surfaces of the appliance will get hot.

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

- Don't put the grill in liquid, don't use it in a bathroom, near water, or outdoors.
- Don't use the appliance near or below combustible materials (e.g. curtains).
- Sit the grill on a stable, level, heat-resistant surface, near a power socket.
- Don't wrap food in plastic film, polythene bags, or metal foil. You'll damage the grill and you may cause a fire hazard.
- Don't use the grill for any purpose other than cooking food.
- Don't use the grill if it's damaged or malfunctions.
- Don't remove the plates while cooking. Don't touch the plates/plate release buttons/plate handles when cooking and let the appliance cool down before removing the plates.

## HOUSEHOLD USE ONLY

### DIAGRAM

- |                                |   |
|--------------------------------|---|
| 1. Temperature control         | 7. Tilt stand   |
| 2. Melt button                 | 8. Plate release buttons  |
| 3. Power light (red)           | 9. Power switch   |
| 4. Melt light (blue)           | 10. Melt element  |
| 5. Ready to cook light (green) | 11. Removable grill plates  |
| 6. Drip tray                   |  dishwasher safe |

### BEFORE USING FOR THE FIRST TIME

Wipe the grill plates with a damp cloth.

### FLAT OR TILTED?

- You can raise the tilt stand, to tilt the grill, and speed the flow of fat into the drip tray, or leave it flat, to prevent food drifting towards the front of the grill.
- Grill meat, burgers, anything that exudes fat, on the tilt.
- Grill sandwiches, panini, foods with fluid ingredients like molten cheese, on the flat.

### PREPARATION / PREHEAT

1. Centre the drip tray under the front of the grill, so it catches any run-off.
2. Put the plug into the power socket.
3. Set the temperature control to the required temperature (1-4).
4. Move the power switch to I. The power light will glow as long as the appliance is connected to the electricity supply.
5. The thermostat light will glow when the appliance reaches working temperature.
6. It will then cycle on and off as the thermostat operates to maintain the temperature.

## FILL THE GRILL

1. Use an oven glove to open the grill.
2. Lay the food on the bottom cooking plate with a spatula or tongs, not fingers.
3. Don't use tools that might damage the non-stick surfaces.

## CONTACT GRILL SETTING

1. Simply close the grill onto the food.
2. The hinge adjusts to cope with thick or oddly shaped foods.
3. The cooking plates should be roughly parallel, to avoid uneven cooking.
4. Contact grilling is faster, as both grill plates are in contact with the food.
5. When done, open the grill (use the oven gloves), and remove the food with a spatula/tongs
6. Switch off and unplug the grill.

## MELT SETTING

1. Remove the top plate after it has cooled down by pressing and releasing the button and lifting the plate away from the element. Once the top plate has been removed do not force the grill shut, the hinge is designed to float in this mode.
2. The melt light (blue) will come on.
3. Choose the melt mode by pressing the melt button ({{ for gentle top heat }} for more intense heat). The top element will glow.
4. The upper cooking plate is raised clear of the food and it melts without squashing (for cheese on toast, panini, tuna melts or delicate food such as fish).
5. When done, open the grill (use the oven gloves), and remove the food with a spatula/tongs.
6. Switch off and unplug the grill.

## CHECK THAT THE FOOD IS COOKED

- Whichever cooking mode you use, check that the food is cooked through before serving – if you're in any 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.

## CARE AND MAINTENANCE

1. Switch off (0)
2. Unplug the grill and let it cool down before cleaning or storing away.
3. Remove one plate at a time.
4. Press the release button and lift the plate away from the element.
5. Wipe all surfaces with a clean damp cloth.
6. Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
7. Don't use scourers, wire wool, or soap pads.

## FITTING THE PLATES

1. Fit one plate at a time.
2. The bottom grill plate has two small tabs, one at either end on one side of the grill plate. The top grill plate has one large tab in the centre.
3. For the top plate, put the tab into the slot on the hinge side of the appliance.
4. For the bottom grill plate, put the tabs into the slots on the rear side of the appliance.
5. Press the other edge of the plate into the handle side, to lock it in place.
6. At the places 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.



You may wash these parts in a dishwasher.



You may wash these parts in the top rack of a dishwasher.

## COOKING TIMES AND FOOD SAFETY

Use these times purely as a guide. They're for **contact grilling** fresh or fully defrosted food and have been selected based on temperature setting 3. For more delicate foods, or if you prefer food less crispy or more rare, select one of the lower settings. 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. If you prefer well-done/ crispy food or quicker cooking times select temperature setting 4. When cooking pre-packed foods, follow any guidelines on the package or label.

<b>BEEF</b>	<b>MIN</b>	<b>SANDWICHES</b>	<b>MIN</b>
fillet	5-7	cheese	2-3
loin steak	7-8	ham (cooked)	5-6
burger, 50g	5-6	roast beef (cooked)	6-7
burger, 100g	7-8	sausage (cooked)	6-7
kebabs, 25mm cube	7-8	turkey (cooked)	6-7
round steak	5-7	<b>SNACKS</b>	
sausages (thin)	5-6	hot dogs	2-3
sausages (thick)	7-8	quesadillas	2-3
sirloin	7-9	tacos, meat filling	6-8
T-Bone	8-9	<b>CHICKEN/TURKEY</b>	
<b>LAMB</b>		chicken breast pieces	5-7
kebabs, 25mm cube	7-8	burger, 50g, fresh/frozen	4/5
minced	6-7	burger, 100g, fresh/frozen	5/6
loin chops	4-6	kebabs, 25mm cube	7-8
<b>SEAFOOD</b>		thighs (chicken)	5-7
halibut steak, 12-25mm	6-8	minced	7-8
kebabs, 25mm cube	4-6	turkey breast, thin sliced	3-4
prawn	1-2	<b>VEGETABLES</b>	
red snapper fillet	3-5	asparagus	3-4
salmon fillet	3-4	carrots, sliced	5-7
salmon steak, 12-25mm	6-8	aubergine, slice/cube	8-9
scallops	4-6	onions, thin slice	5-6
sea bass fillet	3-5	peppers, thin slice	6-8
swordfish steak, 12-25mm	6-9	peppers, grill then skin	2-3
tuna steak, 12-25mm	6-8	whole peppers brushed with oil	8
<b>PORK</b>		potatoes, slice/cube	7-9
chops, 12mm	5-6	squash, slice/cube	6-8
gammon steak	5-6	<b>FRUIT</b>	
kebabs, 25mm cube	7-8	apple, halve/slice	6-8

minced	7-8	bananas, slice lengthwise	3-4
sausages (thin)	5-6	nectarines, halve/slice	3-5
sausages (thick)	7-8	peaches, halve/slice	3-5
tenderloin, 12mm	4-6	pineapple, slice	3-7

## A FEW RECIPES TO GET YOU STARTED

Recipes are available on our website: [www.georgeforeman.co.uk](http://www.georgeforeman.co.uk)

### CONTACT GRILL SETTING

#### Grilled Peppers stuffed with Creamy Red Pesto Rice

1 Medium sized Red or Yellow Pepper (halved and de seeded)

5ml Olive Oil

75g Risotto rice

400ml Boiling Water

5g Vegetable bouillon

½ Small Onion (finely chopped)

2 Mushrooms (finely chopped)

15g Cream Cheese

30g Red Pesto

Ground Black pepper

Few spring onion (finely chopped)

Cook the rice in the boiling water with a teaspoon of vegetable bouillon to add flavour.

Wash and dry the pepper and coat the outer skin in olive oil. Place on the pre heated grill and leave to cook for around 6 - 8 minutes until the skins soften.

In a bowl, combine the cooked risotto rice with the chopped onion, mushrooms, cream cheese, pesto and black pepper. Spoon the mixture into the grilled pepper halves and top with chopped spring onion. Place back on the grill and cook for another 2 minutes until the tops are golden brown.

#### Chicken Stuffed with Sweet Balsamic Red Onion Marmalade

2 Chicken Breasts

1 clove Garlic (crushed)

1 Large Red Onion (sliced into thin slivers)

5g Butter

15-30ml Olive Oil

60ml Balsamic Vinegar

Small Pinch brown sugar

Pinch Sea Salt

Freshly Ground White Pepper

1 Small handful flat leaf parsley (finely chopped)

In a bowl combine the onion slivers with the garlic, balsamic vinegar, butter, oil, sugar, salt and pepper and leave for the flavours to develop for a little while or in the refrigerator overnight.

Place the marinated onions onto a pre-heated grill and cook for around 4 - 6 minutes until the onions have softened and caramelised. Lightly stir the onions half way through cooking to avoid over browning. Once cooked, remove the onions, place in a bowl and allow to cool completely.

Next, flatten the chicken breasts until they're about 10 - 15mm thick. Brush with a little olive oil. Place a spoonful of the red onion marmalade onto the flattened chicken and roll up (use a wooden cocktail stick to secure if desired). Place the stuffed chicken parcels on the pre-heated grill and cook for around 7 - 9 minutes until fully cooked through. Serve with grilled asparagus or a green salad.

### **Grilled Tuna Steak with a Black Pepper Crust**

2 Fresh Tuna Steaks

15g Freshly ground coarse Black Pepper

25g Flour with a pinch of salt

1 egg (beaten)

Breadcrumbs (from 1 slice of fresh white or wholemeal bread)

Place flour, egg, breadcrumbs and black pepper in separate dishes. Dip the tuna steaks firstly into the flour, then the beaten egg then the breadcrumbs and finally the coarse black pepper. Pat the fish firmly to secure the crust.

Place the coated tuna steaks onto the hot grill and cook for 2 - 3 minutes or 1 - 2 minutes if you prefer the tuna rare.

### **Spicy Mexican Beef and Bean Wraps with Creamy Coriander Crème Fraiche**

50 - 75g Minced Beef (or use Soya Mince for vegetarians)

1 small chilli (deseeded and finely chopped)

30ml Tomato Puree

1 Clove Garlic (crushed)

½ Onion (finely chopped)

1 Small Tin Mixed Beans (approximately 150g when drained)

5g Chilli powder

5g Ground Cumin

5g Coriander

2 Floured Tortilla Wraps

25g Grated Cheddar Cheese (optional)

*Coriander Crème Fraiche:*

2 - 3 Tbsp Crème Fraiche

Squeeze lemon Juice

Large handful Fresh Coriander (finely chopped)

Freshly ground black pepper

In a bowl combine the minced beef with the onion, tomato puree, garlic, beans and spices. Place the mixture onto the pre-heated grill and cook for between 6 - 8 minutes until meat is fully browned (use a plastic/wooden spatula to break the meat up half way through cooking).

Meanwhile combine the crème fraiche with the chopped coriander and the lemon juice and place in a serving bowl.

Divide the cooked meat mixture between the 2 flour tortillas, top with cheese if desired and roll up. Place back on the hot grill and cook for 1 - 2 minutes.

## **MELT SETTING**

### **Triple Cheese and Garlic Mushroom Melt**

1 Mini French Baguette, Crusty Sub Roll or Ciabatta  
1 drizzle Olive oil (use a flavoured oil such as basil or chilli if preferred)  
25g Grated Mature Cheddar Cheese  
25g Grated Mozzarella Cheese  
25g Grated Gruyere or Emmental Cheese  
3 - 4 Button Mushrooms (thinly sliced)  
1 clove garlic (crushed)  
Small handful fresh flat leaf parsley (chopped)

Cut the bread in half lengthways. Drizzle each half with the oil and rub with the crushed garlic. Top both halves with the three cheeses, then the parsley and lastly the mushrooms. Cook on a pre heated grill in melt mode for 3-4 minutes or until all the cheese has melted.

### **Granary Bread Panini with Smokey Bacon, Stilton Cheese and Toasted Walnuts**

2 Thick Slices of Granary Bread (or use walnut bread or wholemeal bread)  
5ml Olive oil or Butter  
50g Stilton Cheese  
2 rashers Smokey bacon  
2 - 4 Walnuts

Small handful Fresh rocket Leaves to serve

Toast the walnuts on the hot grill for 1 - 2 minutes, allow to cool slightly and roughly chop. Next, cook the rashers of bacon on the grill for around 2 - 4 minutes to the desired level of crispness.

Remove and place on kitchen paper.

Drizzle each of the bread slices with olive oil or if preferred spread with butter. Top with crumbled Stilton cheese, then bacon and walnuts. Cook on the grill in melt mode for 3 minutes. Serve with rocket leaves or a salad of your choice.

### **Grilled Steak Sandwich with Horseradish, Baby Plum tomatoes and Watercress**

2 Thick Slices Crusty Bread (such as sourdough or ciabatta)  
1 Sirloin Steak  
2 tsp Horseradish Sauce  
2 - 3 Sliced Baby Plum Tomatoes  
Small handful Watercress  
Black Pepper

Cook the sirloin steak to your preference on the hot grill for 2 - 3 minutes. Remove and leave to rest for 5 minutes.

Meanwhile, spread both sides of the crusty bread with the horseradish sauce, top with the steak, tomatoes, watercress and season top with black pepper. Place other half of bread on top, return to grill and toast for 2 minutes until bread is warmed through and slightly crispy.











## **ENVIRONMENTAL PROTECTION**

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

Spectrum Brands (UK) Ltd

Fir Street, Failsworth, Manchester M35 0HS

email: [support@georgeforeman.co.uk](mailto:support@georgeforeman.co.uk)

telephone: 0845 230 0598 (local rate number)

## **GUARANTEE**

Defects affecting product functionality appearing within two years of first retail 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.



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