

GEORGE FOREMAN®




EASY TO CLEAN GRILL

Instructions & Warranty

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed.

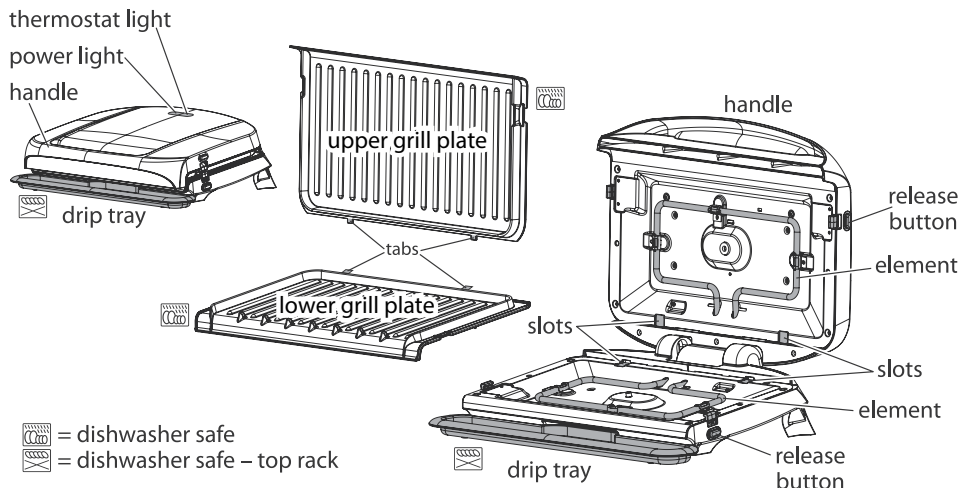
1. To protect against electrical hazards do not immerse the power cord, plug or grill in water or any other liquid.
2. Do not use in the bathroom or near any source of water. Do not use outdoors. 
3. Always use the appliances handles as some parts will be hot. The temperature of accessible surfaces/parts may become very hot when the appliance is operating.
4. Do not touch the hot cooking surfaces.
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
6. Always turn off and unplug from the power outlet before cleaning the appliance.
7. To disconnect, turn off the wall power outlet, then grasp the plug and remove from wall power socket. Never pull by the cord.
8. Do not operate this appliance with a damaged cord or plug or after the appliance has malfunctioned, or been dropped or damaged in any manner. Contact Customer service for replacement, examination, repair or adjustment.
9. There are no user serviceable parts. If the power cord or appliance is damaged, it must be replaced or repaired by the manufacturer or similarly qualified person in order to avoid a hazard.
10. Do not use on an inclined plane or unstable surface.
11. Do not move the appliance when in use.
12. Do not cover the appliance when in use.
13. Take care when opening the lid of the appliance, there may be some steam.
14. Always take care when removing food after cooking as it is hot.
15. Food may burn. Always monitor when using this appliance.
16. Do not use the appliance near or below any curtains or other combustible materials.
17. Keep the appliance and the power cord away from the edge of tables or countertops and out of reach of children and persons with disabilities.
18. Do not cook food wrapped in plastic film or polythene bags. It will cause a fire hazard.
19. Always clean the appliance after use.
20. Follow the instructions when cleaning this appliance.
21. Do not place on or near any heat sources.
22. Do not leave the appliance unattended when in use.
23. Do not use appliance for other than its intended purpose.
24. This appliance is not a toy. Children should be supervised to ensure they do not play with the appliance.
25. This appliance is not intended to be operated by means of an external timer or separate remote control system.
26. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD), also often referred to as a 'Safety Switch'. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.

27. This appliance is intended to be used in household and similar applications such as:
- staff kitchen areas in shops, offices and other working environments;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast environments;
 - farm houses.

SAVE THESE INSTRUCTIONS
THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

Congratulations on the purchase of your George Foreman® Grill. Each unit is manufactured to ensure safety and reliability. Before using the appliance for the first time, please read the instruction book carefully and keep it for future reference. Pass it on if you pass on the appliance.

When using electrical appliances, basic safety precautions should always be followed.



BEFORE USING YOUR GRILL

- Remove any packaging and labels from the appliance.
- Wipe the exterior and cooking plates with a damp cloth to remove any dust.
- Place the grill on a stable, level, heat-resistant surface, in a well ventilated area, with the lid closed.

CAUTION: Do not use this appliance near or below any curtains or other combustible materials.

- Plug the power cord into a power outlet and turn the power on. The power light will glow.
- When the grill reaches operating temperature, the thermostat light will glow. It will then cycle on and off as the thermostat operates to maintain the temperature.

NOTE: When using your grill for the first time, the unit may emit a fine smoke vapour and scent. This is normal and is caused by the first heating of the new elements and new cooking plates.

- Switch the power off at the wall power outlet, allow the grill to cool then wipe over the cooking plates once again using a damp cloth.

FITTING THE REMOVABLE PLATES

This grill has two removable plates. Fit one grill plate at a time.

NOTE: This appliance must always be used with two grill plates securely attached.

- Before handling, ensure the grill plates are cool and safe to touch.
- Align the tabs of each grill plate with slots near the hinge side of the grill (see diagram).
- Press down on the other edge of the plate (handle side) to lock it into place.
- To remove the plates, press the release button on the side of the grill and lift away from the element. Note that there is one button for the upper grill plate and one button for the lower grill plate.

CAUTION: Always unplug from the wall power outlet and ensure the grill is completely cool before attaching or removing plates.

NOTE: When the upper and lower plates make contact, the coating may show slight signs of wear. This is purely cosmetic and will not affect the operation of the grill.

CONDITION THE COOKING PLATES

NOTE: Conditioning the cooking plates will help prolong the life of the non-stick coating.

- Lift the lid and wipe the upper and lower cooking plates lightly with cooking oil.
- Switch the power on at the wall power outlet. The power light will illuminate. Allow the thermostat light to cycle on and off at least 2 times.
- Switch the power off at the wall power outlet, remove the plug and allow the grill to cool.
- Wipe off any excess oil with a dry paper towel and close the lid.

USING YOUR GRILL

- Place the grill on a flat, level, heat resistant surface, leaving enough space around all sides to allow heat to flow without damage to cabinets, walls and overhanging curtains.
- Ensure that the upper and lower grill plates have been securely fitted onto the grill. (Refer to section: FITTING THE REMOVABLE PLATES).
- Place the drip tray under the front of the grill.
- Using the handle, close the lid.
- Plug the power cord into a power outlet and turn the power on. The power light will illuminate.
- The green thermostat light will illuminate when the grill reaches operating temperature.

NOTE: The thermostat light will cycle on and off during cooking as the grill maintains temperature.

- Using the handle, lift the lid and carefully place items to be cooked onto the bottom cooking plate.

- Close the lid, allowing the grill to begin cooking from both sides at once. The grill is designed with a floating hinge to cope with thick or oddly shaped foods allowing even cooking.
- The grill plates should be parallel to avoid uneven cooking.

NOTE: Normal cooking times are significantly reduced as the grill cooks from both sides at once. As a rule of thumb, cooking times are generally halved when compared to traditional 'one side at a time' grilling.

CAUTION: Do not leave this appliance unattended during use.

- Monitor food whilst cooking to ensure food is fully cooked and does not burn.
- When finished cooking switch the power off at the power outlet and remove the plug.
- Using an oven mitt or tea towel, carefully open the lid.
- Remove food using a non-metallic utensil.

NOTE: Be sure to always use either silicone, plastic or wooden utensils so as not to scratch the non-stick surface. Never use metal tongs, forks or knives as these can damage the coating of the cooking plates.

- Allow the grill to cool completely.

CAUTION: Be sure the drip tray contents have cooled before removing drip tray.

- Once cool, the drip tray may be removed and emptied and the grill can be cleaned.

NOTE: Where the upper and lower 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.

CLEANING

CAUTION: Always unplug from the wall power outlet and allow the grill to cool completely before cleaning. Do not immerse the grill, power cord or plug in water or any other liquid.

- Before cleaning, switch off the power and remove the plug from the wall power outlet.

CAUTION: Do not use scouring pads, scrapers, or metal objects to clean the cooking plates. They will damage the surface.

- When cleaning up after grilling, with the drip tray placed at the front of the grill, use a non-metallic utensil to scrape off any excess fat and food particles left on the grill plates.

CAUTION: Take extra care when cleaning the cooking plates, making sure the grill lid does not close accidentally and cause injury. Hold the grill open using the handle when cleaning the cooking plates.

- Wipe plates with a damp cloth and a little detergent to remove any grease or char marks.
- Empty the plastic drip tray. Hand wash in warm, soapy water or alternatively place in the dishwasher on the top shelf.

- To remove the plates, press the release button on the side of the grill and lift away from the element. Note that there is one button for the upper grill plate and one button for the lower grill plate.
- Hand-wash the plates in warm, soapy water or alternatively place in the dishwasher.

NOTE: Dishwasher detergent may cause oxidation on the uncoated side of the grill plate. This is not harmful and will not affect performance.

- Once clean and dry, securely re-attach the plates to the grill.
- To clean the grill exterior, wipe with a cloth dampened in warm soapy water. Wipe dry with paper towel.
- Any servicing requiring disassembly other than the above cleaning must be performed by a qualified technician.

STORAGE

- Ensure that the grill is switched off and the plug is removed from the power outlet.
- Ensure all parts have been cleaned and dried thoroughly before storing.
- Once the grill has cooled wrap the cord around the guides in the base of the grill and store in a clean, dry place.

QUICK COOKING GUIDE

Use these times purely as a guide. Cooking times are based on fresh, fully defrosted 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.) until the juices run clear. Cook fish until the flesh is opaque throughout.

When cooking pre-packed foods, follow any guidelines on the package or label.

FOOD	MINUTES	FOOD	MINUTES
BEEF		SEAFOOD	
Fillet rare	3	Kebab, 25mm ²	4-6
Fillet medium	4	Prawn (large)	2-3
Fillet well done	5	Snapper fillet	3-5
Loin steak	7-8	Salmon fillet	3-4
Burger, 50g	6-7	Scallop	1-2
Burger, 100g	7-8	Tuna steak	6-8
Burger, 200g	8-9	VEGETABLES	
Kebab, 25mm ²	7-8	Asparagus	3-4
Round steak	5-7	Carrot, sliced	5-7
Sausage, thin	5-6	Eggplant, sliced/cubes	8-9
Sausage, thick	7-8	Onions, thin slices	5-6
Sirloin	7-9	Capsicum, thin slices	6-8
T-Bone	8-9	Potato, slices/cubes	7-9
PORK		Squash, slices/cubes	6-8
Cutlets	5-6	FRUIT	
Kebab, 25mm ²	7-8	Apple, halves/slices	6-8
Sausage, thin	5-6	Banana, lengthway slices	3-4
Sausage, thick	7-8	Nectarine, halves/slices	3-5
Fillet	4-6	Peach, halves/slices	3-5
CHICKEN/TURKEY		Pineapple, slices	3-7
Chicken breast pieces	5-7	SNACKS	
Burger, 100g	4	Sandwich, cheese	2-3
Burger, 200g	5	Sandwich, cooked meat	5-7
Kebab, 25mm ²	7-8	Calzone	8-9
Chicken thigh	5-7	Hot dog	2-3
Turkey breasts, thin slices	3-4	Quesadillas	2-3
LAMB			
Kebab, 25mm ²	7-8		
Cutlet	2-3		

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Customer Service in New Zealand

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Email: service@spectrumbrands.co.nz
Website: www.spectrumbrands.co.nz

Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd Warranty Against Defects

In this warranty:

Australian Consumer Law means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

CGA means the New Zealand Consumer Guarantees Act 1993;

Goods means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

Manufacturer, We or **us** means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573;
or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

Supplier means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

You means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials, for the period of 1 year (**Warranty Period**) from the date of purchase.

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

Warranty Conditions

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
6. The warranty granted under clause 3 is limited to repair or replacement only.
7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
8. In order to claim under the warranty granted under clause 3 you must:
 - (a) Retain this warranty with your receipt/proof of purchase; and
 - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
9. This warranty is immediately void if:
 - (a) Any serial number or appliance plate is removed or defaced;
 - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
10. The Goods are designed for domestic use only. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.

Contact us or the Supplier for further details.

Register your product online

If you live in Australia please visit: www.spectrumbrands.com.au/warranty

If you live in New Zealand Please visit: www.spectrumbrands.co.nz/warranty

Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

Any questions? Please contact Customer Service for advice.

GEORGE FOREMAN®

RECIPES EASY TO CLEAN GRILL

www.georgeforeman.com.au

www.georgeforeman.co.nz

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ATLANTIC SALMON NICOISE SALAD

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients:

4 x Atlantic Salmon fillets (approx. 150g each)

Olive oil spray

Juice of 1 lemon

Sea salt & black pepper

Salad ingredients

100g green beans, blanched and cut in half

50g black olives, pitted and halved

4 soft boiled eggs, peeled and quartered

2 ripe tomatoes, quartered

4 baby potatoes, halved, boiled and cooled

4 anchovies, halved (optional)

4 spring onions, sliced on the diagonal

½ cup continental parsley, chopped

1 tbs red wine vinegar

2 tbs extra virgin olive oil

Method:

1. Heat your George Foreman® Easy to Clean Grilling Machine.
2. Spray the salmon fillets lightly with olive oil spray, place them on the grill and gently close the lid. Cook salmon for 2-3 minutes, carefully take off the grill and rest on a plate for 2 minutes.
3. Meanwhile, place all the salad ingredients in a large bowl and drizzle with olive oil and vinegar, gently toss to combine.
4. Transfer the salad to a serving platter and flake the salmon over the top. Drizzle lemon juice over the salad and season with salt and pepper.

Serves 4-6

NOTE: For all recipes, please remember to place the drip tray in front of the grill to catch drippings from the cooking process.

RECIPES

BREAKFAST BLT

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients:

- 4 rashers shortcut rindless bacon
- 4 slices sourdough bread
- 1 tomato, sliced thinly
- 4 leaves cos lettuce
- 1 avocado, peeled and sliced thinly
- 1 tbs mustard
- 1 tbs tomato relish

Method:

1. Pre-heat your George Foreman® Easy to Clean Grilling Machine and cook bacon for 2 minutes with the lid down. Set aside.
2. Spread mustard on 2 slices of the bread and top with the cooked bacon, lettuce, avocado and tomato. Spread tomato relish on the remaining 2 slices of bread and place them on top of your sandwich.
3. Toast for 2-3 minutes or until nice and golden in colour.

Quick and easy!

Makes 2

NOTE: For all recipes, please remember to place the drip tray in front of the grill to catch drippings from the cooking process.

CAJUN FISH BURGERS

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients:

4 x 150g white fish fillets (eg. Dory or Ling)

1 tsp black pepper

1 tsp salt

1 tbs oregano

1 tsp paprika

1 tsp cayenne pepper

3 tbs vegetable oil

1 baguette cut into 4

1 tomato, sliced

50g rocket

4 tbs natural yoghurt

Method:

1. Pre-heat your George Foreman® Easy to Clean Grilling Machine. Lay the fish fillets in a shallow baking dish.
2. Mix the herbs and spices together with the vegetable oil in a small bowl and pour over the fish. Turn the fish over to coat in the spice mix.
3. Place the marinated fish on the grill and gently place the lid down. Cook for 4-5 minutes.
4. Meanwhile, assemble the baguettes with tomato, rocket and a dollop of yoghurt. Top with the fish and serve.

Serves 4

NOTE: For all recipes, please remember to place the drip tray in front of the grill to catch drippings from the cooking process.

RECIPES

CHICKEN SOUVLAKIS

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients:

2 tbs fresh lemon juice
1 ½ tbs chopped fresh oregano
2 tbs olive oil
½ tsp salt
2 garlic cloves, minced
400g boneless chicken thighs
4 pita bread pockets
¼ iceberg lettuce, shredded

Tzatziki sauce:

½ cup plain Greek yoghurt
100g Greek feta
1 tbs lemon juice
1 garlic clove, minced
1 Lebanese cucumber, seeded, coarsely grated and drained
Sea salt & black pepper

Method:

1. To marinate chicken, combine lemon juice, oregano, oil, salt, garlic and chicken in a shallow bowl. Cover with cling wrap and place in refrigerator for 10 minutes.
2. Meanwhile, for tzatziki sauce, place all ingredients except cucumber in a jug and blitz with a stick blender until smooth. Add cucumber and stir through.
3. Heat your George Foreman® Easy to Clean Grilling Machine and lightly toast the pita bread pockets for a minute each. Wrap them in foil until your chicken is done.
4. Remove chicken from bowl; discard marinade. Place drip tray under the grill and cook chicken with the lid down for 4-5 minutes or until done. Rest on a plate, then shred into bite-size pieces. Place chicken in each pita bread, top with tzatziki and serve with shredded iceberg lettuce.

Serves 4

NOTE: For all recipes, please remember to place the drip tray in front of the grill to catch drippings from the cooking process.

POWER BURGER

Ingredients:

- ¼ cup finely chopped vegetables (eg. spring onions, zucchini, red or green capsicum)
- ¼ cup grated carrot
- ¼ cup wholemeal breadcrumbs
- 1 egg
- 2 tbs parsley
- 2 sprigs of thyme, leaves only
- 750g lean minced beef (5-star)
- 1 tbs Worcestershire sauce
- 1 tsp ground black pepper

For serving:

- Wholemeal hamburger buns
- 80g spinach
- Tomatoes
- Swiss cheese
- ½ cup fresh basil leaves
- Mustard

Method:

1. In a large bowl, combine all ingredients and mix well, using your hands.
2. Shape the mixture into eight patties, place on a plate and refrigerate for 10 minutes.
3. Meanwhile, preheat the grill. Arrange patties on the George Foreman® Easy to Clean Grilling Machine and cook for 4-6 minutes, until juices run clear.
4. Serve on wholemeal hamburger buns with spinach, fresh tomato, Swiss cheese, basil leaves and mustard.

Makes 8 burger patties

NOTE: For all recipes, please remember to place the drip tray in front of the grill to catch drippings from the cooking process.

RECIPES

INDIAN SPICED BEEF KEBABS

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ingredients:

600g beef sirloin, cut into 2cm cubes
Ginger, 2cm peeled & roughly chopped
1 clove garlic
½ tsp ground coriander
½ tsp ground cumin
¼ tsp ground turmeric
2 tbs peanut oil
Salt & pepper to taste
6 kebab sticks

Method:

1. Skewer beef onto kebab sticks and place in a shallow dish.
2. Combine remainder of ingredients in a food processor and blitz for 30 seconds. Pour over beef kebabs and turn to coat in the marinade.
3. Heat your George Foreman® Easy to Clean Grilling Machine and when it reaches temperature, place the kebabs on the grill. Cook for 6-8 minutes, turning every minute to ensure the kebabs cook evenly.

Serve over jasmine rice with a dollop of yoghurt, squeeze of lime and fresh coriander.

Serves 4-6

NOTE: For all recipes, please remember to place the drip tray in front of the grill to catch drippings from the cooking process.

