

GEORGE FOREMAN®

HEALTHY COOKING



Compact Grill

GR22SIL

INSTRUCTIONS & WARRANTY

GR22SIL_IB_RB_041111

Spectrum Brands Australia Pty Ltd

Locked Bag 3004 Braeside
Victoria 3195 Australia

Customer Service in Australia

TollFree: 1800 623 118
Email: info@spectrumbrands.com.au
Website: www.spectrumbrands.com.au

Spectrum Brands New Zealand Ltd

PO Box 9817 Newmarket
Auckland 1149 New Zealand

Customer Service in New Zealand

TollFree: 0800 736 776
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 from the date of purchase (**Warranty Period**), for the period of:-
 - (a) Two (2) years for Russell Hobbs products (see product packaging for details)
 - (b) Two (2) years with five (5) year motor warranty for Russell Hobbs products (see product packaging for details)
 - (c) Limited Lifetime, Ten (10) years for Russell Hobbs cookware.
 - (d) One (1) year for George Foreman, iRobot, Westinghouse, Black & Decker and Spectrum Brands products.

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. A limited 90-day Warranty applies to any industrial or commercial use of the Goods. 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

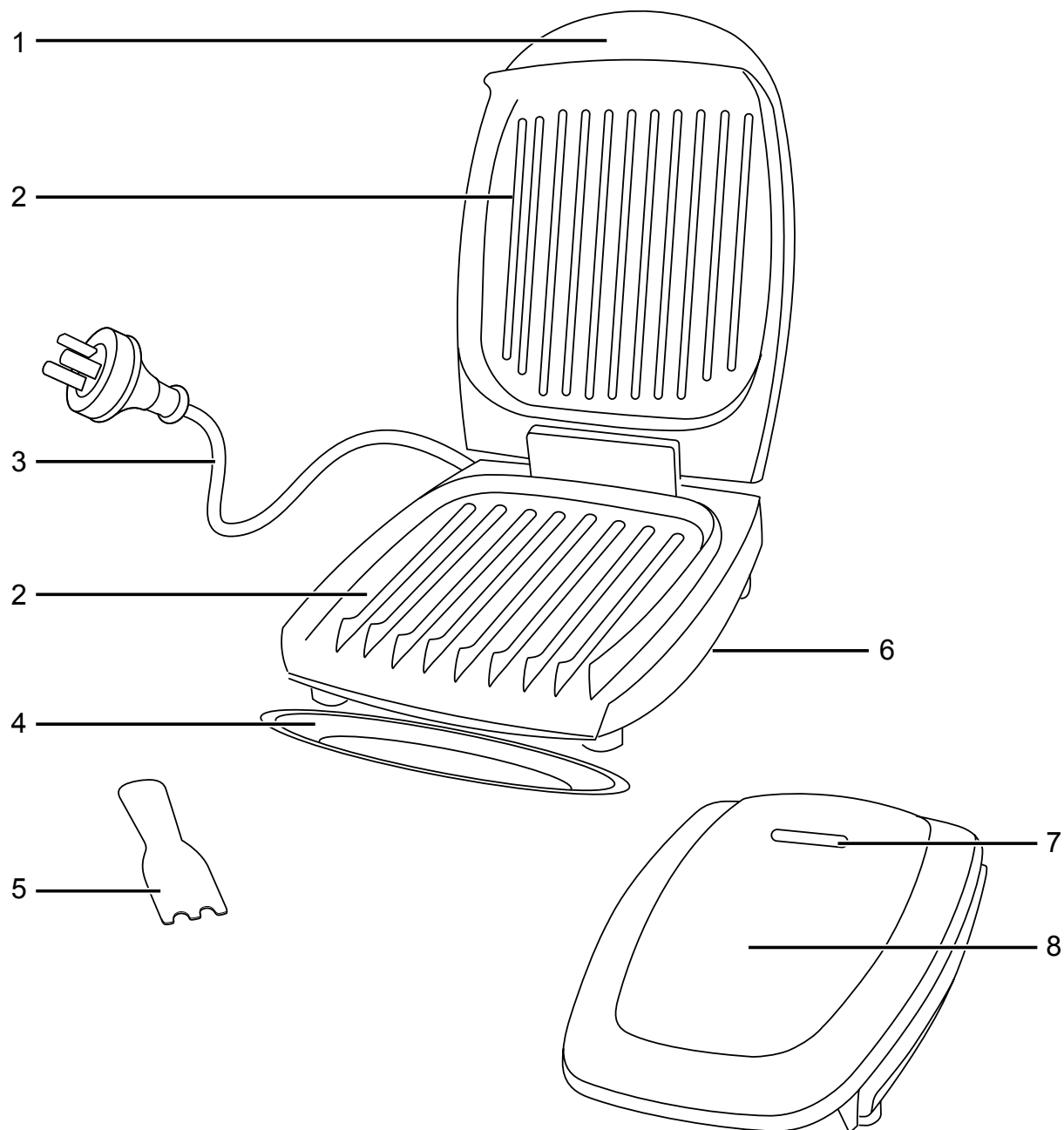
If you live in New Zealand Please visit: www.spectrumbrands.co.nz/warranty

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.

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.



1. Handle.
2. Cooking plates.
3. Power cord.
4. Drip tray.

5. Plastic spatula.
6. Grill base.
7. Heating light.
8. Grill lid.

Before Using Your Grill

- Remove any packaging and labels from the appliance.
- Wipe over the exterior and the 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.
- Plug the power cord into a power outlet and turn the power on. The heating light will illuminate.
- Allow to heat until the heating light extinguishes, indicating the grill has reached operating temperature, and leave On for a further 5 minutes.
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 and allow the grill to cool.
- Wipe over the cooking plates once again using a damp cloth.

Condition the Cooking Plates

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.
- Wipe off any excess oil with a dry paper towel and close the lid.
- Switch the power on at the wall power outlet. The heating light will illuminate.
- Allow to heat until the heating light extinguishes, indicating the grill has reached operating temperature, and leave On for a further 5 minutes.
- Switch the power off at the wall power outlet, remove the plug, and allow the grill to cool.
- Wipe over the cooking plates with dry paper towel.

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.
- 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 heating light will illuminate whilst the grill is heating and cycle off once operating temperature has been reached, indicating the grill is ready to use.

NOTE: The heating 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.
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 make sure 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 the plastic spatula or 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.

Cleaning

CAUTION: Always unplug from the wall power outlet and allow the grill to cool before cleaning.

Do not immerse the grill in water or in any other liquid.

- Before cleaning, switch off the power and remove the plug from the wall power outlet.
- Place the drip tray under the front of the grill.
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.
- Using some paper towel, wipe the cooking plates clean of any excess fat or food.
- To clean the cooking plates, wipe with a cloth or soft sponge dampened in warm soapy water, allowing any run off to be caught in the drip tray. Wipe dry with a soft cloth or paper towel.
- To remove stubborn spots, gently rub with a cloth dampened with cooking oil while the cooking plates are still warm.
CAUTION: Do not use scouring pads, scrapers, or metal objects to clean the cooking plates. They will damage the surface.
- Remove the drip tray and wash in warm soapy water, using a grill sponge, nylon brush or soft sponge. Rinse and dry thoroughly.
- To clean the grill exterior, wipe with a cloth dampened in warm soapy water. Wipe dry with paper towel.

To purchase a new grill sponge, please contact customer service.

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.
- Store in a clean, dry place.

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. Do not operate this appliance with a damaged cord/plug or after the appliance has malfunctioned, or been dropped or damaged in any manner. Contact Customer service for replacement, examination, repair or adjustment.
8. 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.
9. Do not use on an inclined plane or unstable surface.
10. Do not move the appliance when in use.
11. Do not cover the appliance when in use.
12. Take care when opening the lid of the appliance, there may be some steam.
13. Always take care when removing food after cooking as it is hot.
14. Food may burn. Always monitor when using this appliance.
15. Do not use the appliance near or below any curtains or other combustible materials.
16. Keep the appliance and the power cord away from the edge of tables or countertops and out of reach of children and infirm persons.
17. To disconnect, turn off the wall power outlet, then grasp the plug and remove from wall power socket. Never pull by the cord.
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. Do not place on or near any heat sources.
21. Do not leave the appliance unattended when in use.
22. Follow the instructions when cleaning this appliance.
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.



SAVE THESE INSTRUCTIONS
THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

6. The bananas will be warm and the cinnamon and walnuts slightly glazed, when done.
5. Keep the grill lid open and cook for 3-4 minutes.
4. When the grill has reached temperature, lay the bananas on the grill, with the flat sides uppermost, and spoon the mixture on top of them.
3. Split the bananas lengthwise, and then cut them across their width.
2. Mix the chopped walnuts with the sugar and cinnamon in a bowl.
1. Preheat the grill.

2 bananas, peeled
2 tbsp walnuts, finely chopped
2 tbsp sugar
½ tsp cinnamon

INGREDIENTS

Serves 2

GRILLED BANANAS

4. To serve, place each base onto a small plate, spoon on the berries, place on top pastry, and drizzle with berry puree. Sprinkle on icing sugar, and add a scoop of ice cream on the side.
3. Place the pastry onto the grill surface and cook for 3-4 minutes or until slightly risen and nicely golden. Remove from the grill and while still hot, split open cross wise.
2. Preheat the grill.
1. Allow pastry to thaw a little, and then cut the pastry into four squares.

1 Frozen puff pastry sheet
Mixture of berries (e.g. strawberries, blueberries, raspberries)
Berry puree
Ice cream
Icing sugar

INGREDIENTS

Makes 4

BERRY PASTRIES

GRILLED VEGETABLES

Serves 4

1. Preheat the grill.
2. When the grill has reached temperature, lightly spray the cooking plates with olive oil spray. Carefully place the eggplant slices on the grill and cook for 2–3 minutes.
3. Add garlic, onion and zucchini slices and continue cooking for another 3–4 minutes.
4. Add tomatoes and mushrooms and cook for a further 1–2 minutes, or until cooked to your liking.

8 slices eggplant, thickly sliced
 2 small onions, thickly sliced
 2 small garlic cloves, peeled and sliced
 2 small zucchini, thickly sliced
 16 cherry tomatoes, halved
 8 mushrooms, halved
 Olive oil spray

INGREDIENTS

MARINATED MUSHROOMS

Serves 4

1. Preheat the grill.
2. Place the unpeeled garlic cloves on the grill and cook for about 4 minutes. Remove, discard the skin and silver the garlic cloves.
3. Carefully arrange mushrooms on the preheated base of the grill, stem side up, close lid and cook for 2–3 minutes.
4. Place the cooked mushrooms into a shallow bowl, sprinkle on olive oil, balsamic vinegar, add mixed herbs, pepper, chilli flakes, citrus zest and silvered roasted garlic. Cover and allow to stand for at least 1 hour, stirring lightly from time to time.
5. Serve at room temperature as a side dish or an appetiser on toothpicks.

20 baby mushrooms, with stems trimmed
 3 whole garlic cloves, unskinned
 1 tbsp olive oil
 1 tbsp balsamic vinegar
 1 tsp mixed herbs
 Salt & pepper, to taste
 ½ tsp chilli flakes
 1 tsp lemon zest

INGREDIENTS

PIZZA PITA POCKETS

Serves 2

1. Cut the ham into strips, and then place in a bowl with the onion, mushrooms, capsicum and tomatoes. Drizzle with oil and herbs and allow to rest for half an hour.
2. Preheat the grill.
3. Slit open each pita bread to form pockets, and spread the tomato purée inside each pocket.
4. Fill the pita pockets with the ham, cheese and vegetables, place on the grill, and cook for 3-5 minutes.

2 slices lean ham
 ¼ small onion, thinly sliced
 2 mushrooms, thinly sliced
 ¼ red capsicum, diced
 2 tomatoes, thinly sliced
 1 tsp olive oil
 1 tsp mixed herbs
 2 wholemeal pita breads
 1 tbsp tomato purée
 50g reduced fat mozzarella

INGREDIENTS

TOASTED HAM FOCACCIA

Serves 4

1. Preheat the grill.
2. Slice the bread in half, crosswise. Spread the chutney on the base of the bread. Arrange the ham, mushrooms, tomato and spinach, then place the cheese on top. Season with salt and pepper, then top with the other half of the bread.
3. Place the focaccias on the grill and cook for 6-8 minutes or until heated through and the cheese has melted.

2 focaccia rounds
 Fruit chutney
 Mozzarella cheese slices
 Sliced ham
 4 small mushrooms, sliced
 1 tomato, thickly sliced
 Spinach leaves
 Salt & pepper, to taste

INGREDIENTS

CAJUN SALMON

Serves 4

1. Preheat the grill.
2. Rub each side of the salmon steaks with the Cajun spices and oregano.
3. When the grill has reached temperature, lightly spray the grill plates with olive oil spray. Carefully place the salmon on the grill and cook for 4-5 minutes, or until the flesh is opaque throughout.

INGREDIENTS

3 tbsp Cajun spice seasoning
1 tbsp oregano
4 salmon steaks
Olive oil spray

GRILLED SEAFOOD KEBABS

Serves 4

1. Prepare fish and vegetables.
2. Mix together olive oil, chilli powder, herbs and lemon juice in a shallow dish. Add seafood and toss lightly, marinade for an hour, turning occasionally.
3. Thread the seafood, mushrooms, tomato and capsicum onto skewers.
4. Preheat the grill.
5. Place the kebabs onto the grill and cook for 4-5 minutes.

INGREDIENTS

750g white fish fillets, cut into cubes
8 small prawns shelled
8 button mushrooms
8 small cherry tomatoes
1 green capsicum, cut into pieces
1 red capsicum, cut into pieces
2 tbsp olive oil
 $\frac{1}{3}$ tsp chilli powder
 $\frac{1}{3}$ tsp mixed dried herbs
3 tsp lemon juice
Wooden skewers, soaked in water

TANDOORI CHICKEN

Serves 4

1. Use a lidded casserole dish big enough to hold the chicken and the marinade. Mix the yoghurt, lemon juice, paprika, garlic, ginger, cumin, cayenne pepper and cinnamon in the dish.
2. Cut each chicken breast into two, add them to the dish, and turn until they are well coated. Cover and refrigerate for 1-8 hours, turning occasionally if desired.
3. Preheat the grill.
4. Remove chicken from the marinade and place on the grill. Cook the chicken for 5-7 minutes, or until cooked through.

INGREDIENTS

2 boneless, skinless
chicken breasts
200-250g carton plain
low-fat yoghurt
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

SPICY ASIAN CHICKEN

Serves 4

1. In a medium bowl, mix together peanut oil, ginger, five spice powder, chilli flakes, spring onions, soy sauce and vinegar. Blend well.
2. Preheat the grill.
3. Remove any visible fat from the chicken. Place the chicken in the grill and cook for 2 minutes.
4. Spoon the sauce over the top of the chicken and grill for an additional 3-4 minutes.
5. Serve on a bed of rice, topped with the chopped peanuts.

INGREDIENTS

2 tsp peanut oil
1 tsp ground ginger
1 tsp five-spice powder
½ tsp chilli flakes
½ cup spring onions,
finely chopped
½ cup soy sauce
½ cup rice vinegar
4 chicken breast fillets,
halved
¼ cup peanuts, finely
chopped
4 cups cooked rice

7. To serve, divide the greens on 4 individual plates. Layer the cucumber, tomato, red onion and capsicum on top. Top the salad with the sliced beef and drizzle with remaining dressing.

6. Allow the steak to rest for a couple of minutes, and then cut the cooked beef into very thin slices across the grain.

5. Drizzle half the vinegar dressing on the steak, and then continue to cook for an additional 3-4 minutes.

4. Place the beef in the grill and cook for 4 minutes.

3. In a small bowl, mix together the vinegar, oil, salt and pepper.

2. Remove any visible fat from the beef.

1. Preheat the grill.

1 capsicum, sliced

1 red onion, sliced

1 tomato, sliced

1 cucumber, sliced

greens

8 cups mixed salad

Salt & pepper, to taste

2 tbsp vegetable oil

¼ cup balsamic vinegar

500g Rump steak

INGREDIENTS

Serves 2

MEDITERRANEAN STEAK SALAD

Tip: Lamb chops of even thickness may be substituted for cutlets. Depending on thickness, allow double the cooking time.

minutes.

3. Place the cutlets on the grill and cook for 3-4

2. Combine rosemary and pepper and press into the surface of the meat.

1. Preheat the grill.

Salt & pepper, to taste

1 tbsp rosemary

of fat

8 lamb cutlets, trimmed

INGREDIENTS

Serves 4

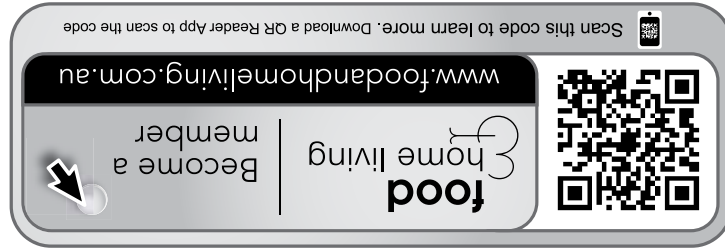
ROSEMARY LAMB CUTLETS

GEORGE FOREMAN POWER BURGER

INGREDIENTS

Serves 4

- 1. Preheat the grill.
 - 2. In a medium sized bowl, combine chopped vegetables, herbs and bread crumbs. Add the minced beef and mix well. Shape the mixture into four large patties.
 - 3. Lightly spray the cooking plates with spray oil then arrange patties on the grill. Cook for 4-5 minutes, or until juices run clear.
- 1/4 cup very finely chopped vegetables (e.g. onion, zucchini, capsicum, carrot)*
- 1/4 cup fresh bread crumbs*
- 2 tbsps chopped parsley or mixed herbs*
- 750g lean minced beef*
- Olive oil spray*



© Registered Trade Mark of Spectrum Brands, Inc., or one of its subsidiaries.
 ©2011 Spectrum Brands, Inc.

Recipes are to be used in conjunction with the Grill by George Foreman. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the copyright owner.

Designed in Australia.

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.

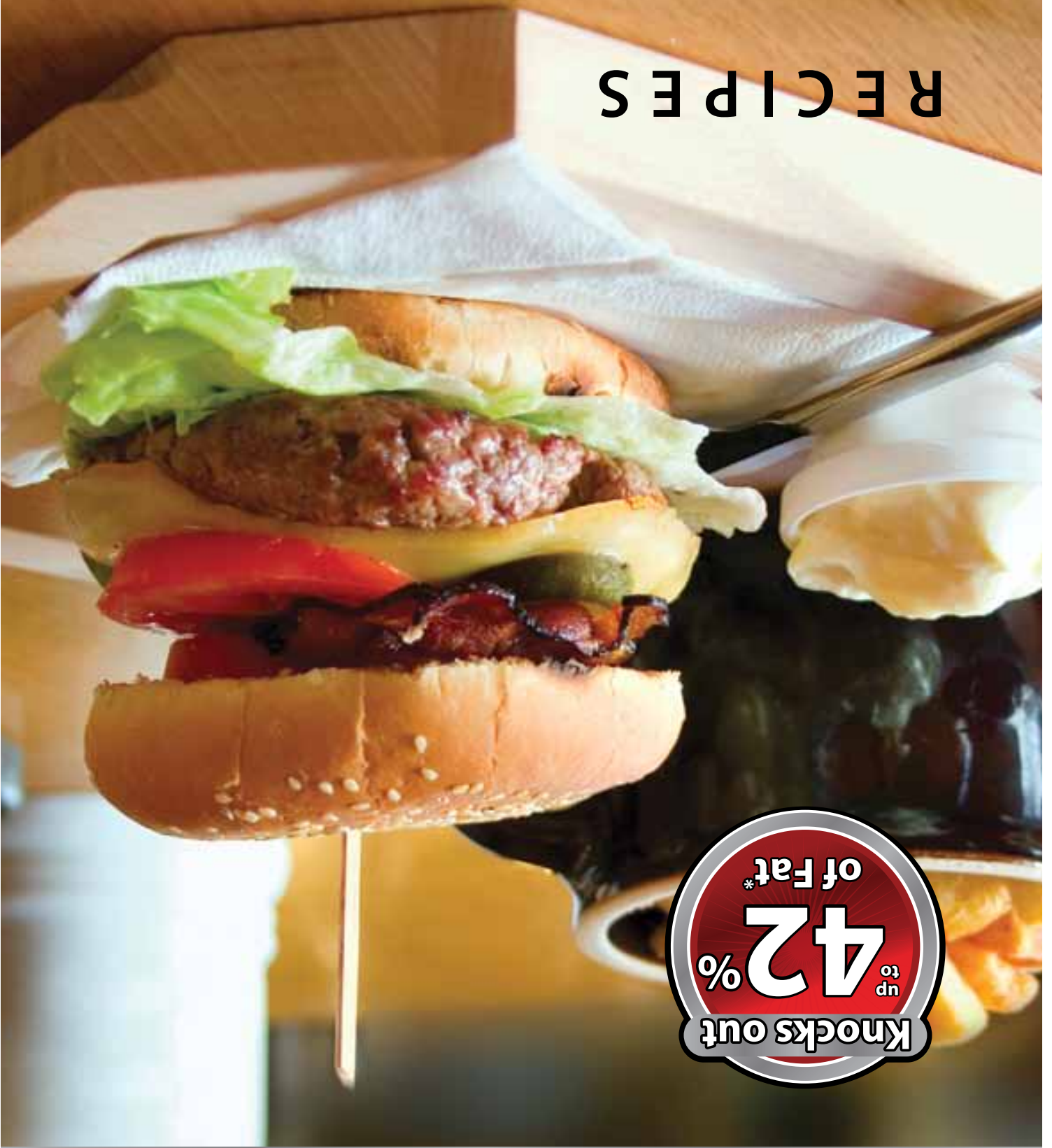
When cooking pre-packed foods, follow any guidelines on the package or label.

Food	Minutes
BEEF	
Filet	5-7
Loin steak	7-8
Burger, 50g	5-6
Burger, 100g	7-8
Burger, 200g	8-9
Kebab, 25mm ²	7-8
Round steak	5-7
Sasage, thin	5-6
Sasage, thick	7-8
Sirloin	7-9
T-Bone	8-9
PORK	
Cutlets	5-6
Kebab, 25mm ²	7-8
Sasage, thin	5-6
Sasage, thick	7-8
Filet	4-6
CHICKEN/TURKEY	
Chicken breast pieces	5-7
Burger, 50g	4
Burger, 100g	5
Kebab, 25mm ²	7-8
Chicken thigh	5-7
Turkey breasts, thin slices	3-4
LAMB	
Kebab, 25mm ²	7-8
Cutlet	4-6

*From 113g 80/20 Ground Chuck Steak

Food	Minutes
SEAFOOD	
Kebab, 25mm ²	4-6
Prawn	1-2
Snapper fillet	3-5
Salmon fillet	3-4
Scallop	4-6
Tuna steak	6-8
VEGETABLES	
Asparagus	3-4
Carrot, sliced	5-7
Eggplant, sliced/cubed	8-9
Onions, thin slices	5-6
Capsicum, thin slices	6-8
Potatoe, slices/cubes	7-9
Squash, slices/cubes	6-8
FRUIT	
Apple, halves/slices	6-8
Banana, lengthway slices	3-4
Nectarine, halves/slices	3-5
Peach, halves/slices	3-5
Pineapple, slices	3-7
SNACKS	
Sandwich, cheese	2-3
Sandwich, cooked meat	5-7
Calzone	8-9
Hot dog	2-3
Quesadillas	2-3

RECIPES



GEORGE FOREMAN
HEALTHY COOKING