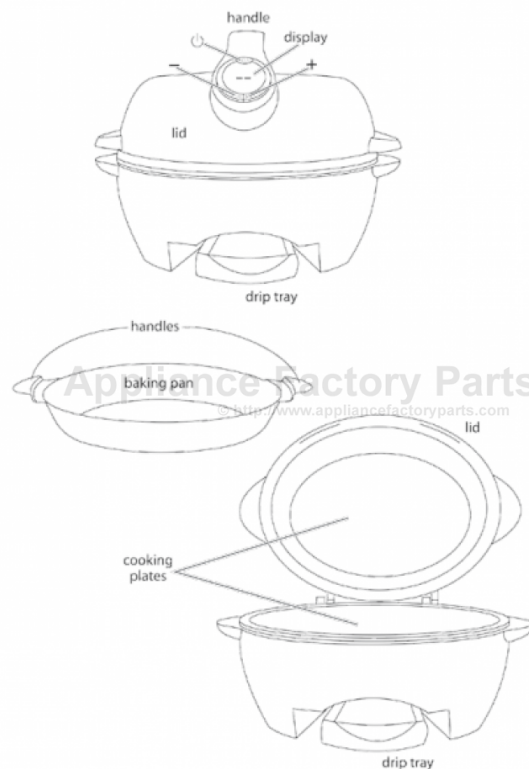


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# George Foreman GV6B Owner's Manual

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# GEORGE FOREMAN®

HEALTHY COOKING

*George Foreman*



## LEAN MEAN ROASTING MACHINE

Instructions & Warranty

GV6B

GV6B\_IB\_FA\_170413

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.

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](http://www.spectrumbrands.com.au/warranty)

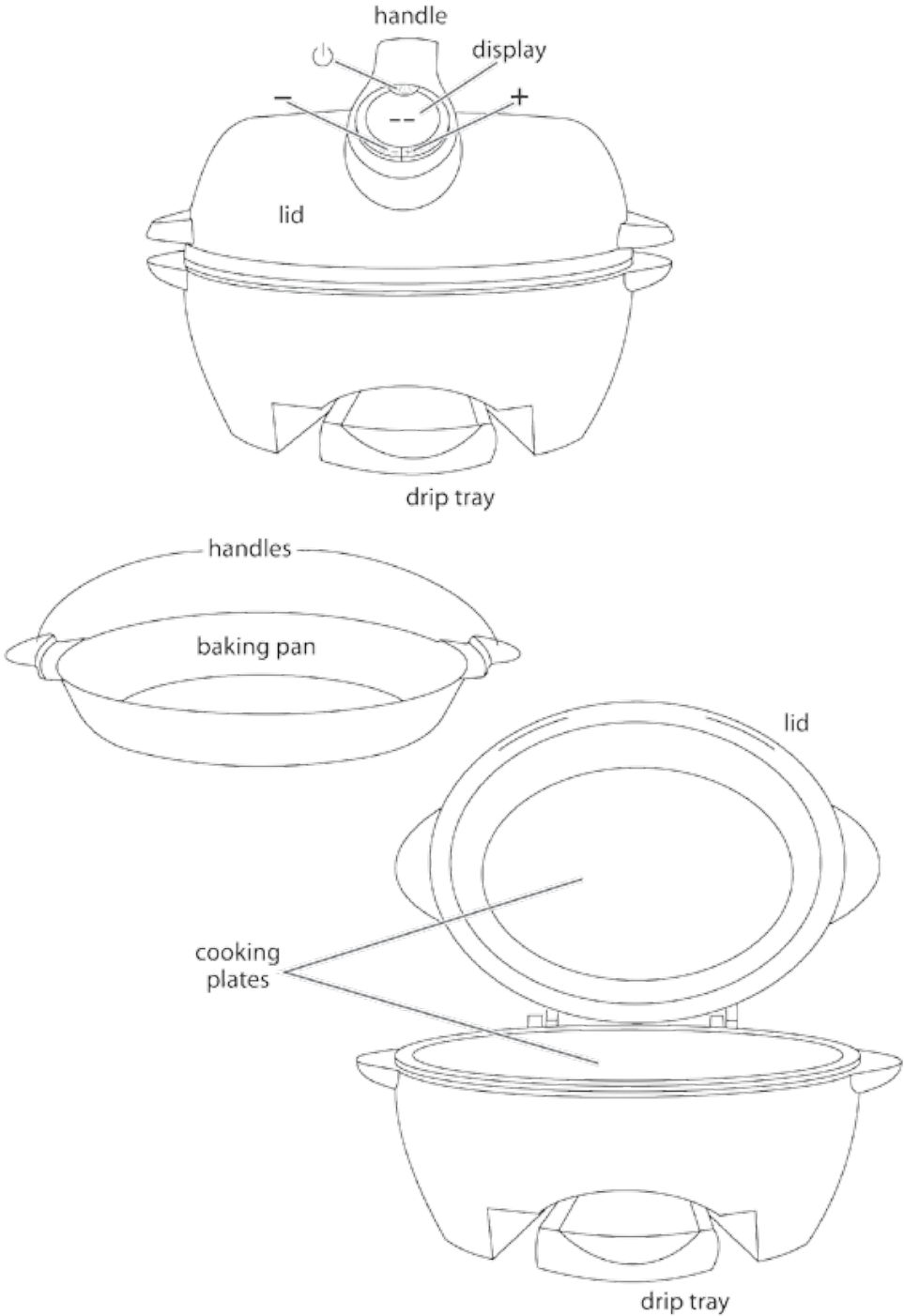
If you live in New Zealand Please visit: [www.spectrumbrands.co.nz/warranty](http://www.spectrumbrands.co.nz/warranty)

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 appliance. 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 FIRST USE


- Remove any packaging material and any labels from the appliance.
- As some parts may be packed separately, check to ensure all items have been unpacked before disposing of the packaging.
- Clean all parts as instructed in the “CARE AND MAINTAINANCE” section of this manual

## POSITIONING & PREPARATION


- Place the roaster on a stable, level, heat-resistant surface, in a well ventilated area, with the lid closed.
- Do not put it near or below curtains or other combustible materials.
- Position the cable so it doesn't overhang, and cannot be tripped over or caught.
- Always use oven mitts once the appliance is turned on. They not only protect your hands from the heat, they protect them from drips and splashes too.
- Push the drip tray under the roaster, so it catches any run-off.

## 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.
- Close the lid.
- Put the plug into the power socket
- The display will show dashes -- (standby).
- Press .
- The display will begin to preheat and PH and 5 (that's 5 minutes) will appear on the display. It will then start to count down.
- When it reaches 0, it will beep 4 times, and change to on.
- Switch the power off at the wall power out let, remove the plug and allow the roaster to cool.
- Wipe off any excess oil with a dry paper towel and close the lid.

## PREHEAT

- Close the lid.
- Put the plug into the power socket
- The display will show dashes '—' which indicates the appliance is on standby.
- Press  to turn on
- The appliance will automatically begin to preheat, which will take 5 minutes. The display will flash between PH and 5 (meaning 5 minutes) and will start to count down the minutes of preheating that remain.
- When the display reaches 0, it will beep 4 times, and then the display will change to “on” and will continue to flash. The unit will remain on and heating.

- It will beep regularly (every 2 minutes) until you enter the cooking time, to remind you that it is switched on and waiting.

**Note:** *When using your roaster 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.*

## ADD THE FOOD

- Use an oven mitt to open the lid.
- Lay the food on the bottom cooking plate with a spatula or tongs, not fingers.
- Do not use anything metal or sharp, you will damage the non-stick surfaces.
- Use the oven mitts to close the lid.
- If the food is too bulky to allow the lid to close properly, then it is not suitable for cooking in the roaster. Take it out & cut the food down to size and try again.


## SET THE TIMER

- Cooking time depends on the type, thickness, and volume of food, use the recipe as a guide.
- Press + and – to set the time.
- The time is shown in minutes, the maximum is 199 minutes.
- It will start to count down.

**NOTE:** Keep an eye on the drip tray, empty it if it gets more than about three-quarters full.

- When the cooking time is over (when it reaches 0), the roaster will beep 4 times.

## COOKING COMPLETE

- Press , to return to standby (--).
- If you leave the appliance on standby and still plugged into the power socket, it will beep 4 times again after 30 seconds, and return to standby (--) automatically.
- Unplug the roaster from the power socket
- Empty the drip tray before you open the lid. You may get a rush of juices into the drip tray when you move the food.

**NOTE:** When the cooking time is over (when it reaches 0), the roaster will not automatically switch off, it will continue to cook. Please ensure that during the cooking time you regularly check the timer and listen for the 4 beeps to ensure food is not overcooked.

## REMOVE THE FOOD

**CAUTION:** When you open the lid, steam will release, so keep clear

- Use the oven mitts to open the lid.
- Check that the food is cooked to the desired level.
- Cook meat, poultry, and any derivatives (mince, burgers, etc.) until the juices run clear.
- Cook fish until the flesh is opaque throughout.
- Remove the cooked food with wooden or plastic tools.
- Unplug the roaster.

## THE BAKING PAN

- The baking pan transforms the roaster into a miniature baking oven.
- You can bake one- or two-portion dishes without wasting power heating a full size oven.
- Use it to make rice pudding, bread and butter pudding, baked eggs; for custards, casseroles, foods in marinades or sauces; to poach fish, to steam or roast vegetables.
- Use the oven mitts to open the lid.
- Place ingredients in the baking pan
- Use the oven mitts to place the baking pan in the roaster
- Use the oven mitts to close the lid.
- Set the timer with the cooking time desired
- When you use the baking pan, don't fill it to the top – leave room for the food to expand during cooking, otherwise it will overflow, and you'll lose your gravy to the drip tray.

## COOKING TIMES & FOOD SAFETY

- Use these times purely as a guide. They are for fresh or fully defrosted food.
- Check food is cooked through before serving. If 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.
- When cooking pre-packed foods, follow any guidelines on the package or label.
- If you have a meat thermometer, beef and lamb should be cooked to an internal temperature of 63-77°C, pork to 72-77°C, and poultry to 74-80°C.

FOOD	WEIGHT	COOKING TIME	INTERNAL TEMPERATURE
Beef (topside, sirloin, etc.)	up to 1.5 kg		
	rare	45-60 min	60-62°C
	medium rare	60 min	63-65°C
	medium	70 min	71°C
	medium to well done	80 min	74°C
	well done	90 min	77°C
Chicken	whole up to 1.5 kg	90 min	80°C
Turkey breast, boneless	up to 1.5 kg	75-90 min	75°C
Pork roast	up to 1.5 kg	90-105 min	75°C
Lamb leg	up to 1.8 kg	90-105 min	63°C
Fish, whole		25-35 min	63°C
Fish, fillets		20-30 min	63°C

## CARE AND MAINTENANCE

- Unplug the roaster and let it cool down fully before cleaning or storing away.
- Wipe all surfaces with a clean damp cloth. Use a paper towel moistened with a little cooking oil to remove stubborn stains.
- Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
- Take extra care when cleaning the non-stick surfaces to avoid scratches.
- Do not put the roaster in water or any other liquid.
- Do not use harsh or abrasive cleaning agents, solvents, scourers, wire wool, or soap pads.

## IMPORTANT SAFEGUARDS

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

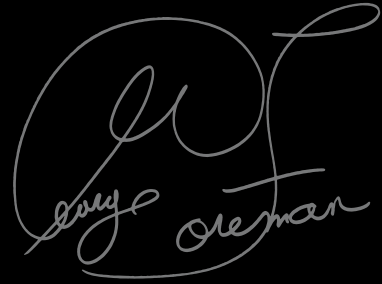
1. To protect against electrical hazards do not immerse the power cord, plug or roaster in water or any other liquid.
2. Do not use in the bathroom or near any source of water.
3. Do not use outdoors.
4. Always use the appliances handles as some parts will be hot. The temperature of accessible surfaces/parts may become very hot when the appliance is operating.
5. Do not touch the hot cooking surfaces.
6. 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.
7. Position the power cord so it doesn't overhang, and can't be tripped over or caught.
8. Always turn off and unplug from the power outlet before cleaning the appliance.
9. To disconnect, turn off the wall power outlet, then grasp the plug and remove from wall power socket. Never pull by the cord.
10. 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.
11. 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.
12. Do not use on an inclined plane or unstable surface.
13. Do not move the appliance when in use.
14. Do not cover the appliance when in use.
15. Take care when opening the lid of the appliance, there may be some steam. Always use oven gloves or a folded towel when opening and closing the lid.
16. Always take care when removing food after cooking as it is hot.
17. Do not try to cook anything too big for the appliance. If the lid is not closed fully, the food will not cook properly.
18. Do not use tools that might damage the non stick surface.
19. Food may burn. Always monitor when using this appliance.
20. Do not use the appliance near or below any curtains or other combustible materials.
21. Keep the appliance and the power cord away from the edge of tables or countertops and out of reach of children and infirm persons.
22. Do not cook food wrapped in plastic film or polythene bags. It will cause a fire hazard.
23. Always clean the appliance after use.
24. Follow the instructions when cleaning this appliance.
25. Do not place on or near any heat sources.
26. Do not leave the appliance unattended when in use.
27. Do not use this appliance for anything other than its intended purpose
28. This appliance is not a toy, children should be supervised to ensure they do not play with the appliance
29. This appliance must not be operated by means of an external timer or separate remote control system.
30. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD), also 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

# GEORGE FOREMAN<sup>®</sup>

HEALTHY COOKING



# RECIPES

## LEAN MEAN ROASTING MACHINE

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## FAT-FREE BROWNIES

### Ingredients:

- 1 cup sugar
- 1 cup plain flour
- 1/2 cup cocoa
- 1 Tsp. baking soda
- 1 1/3 cups apple sauce
- 4 egg whites
- 2 Tsp. vanilla

### Topping:

- 1 Tbsp. icing sugar

### Method:

1. Preheat the Roaster. Coat the Baking Pan with non-stick spray.
2. Sift the sugar, flour, cocoa and baking soda together in a bowl. Use a whisk to beat the apple sauce, egg whites and vanilla together.
3. Combine the egg white mixture into the flour mixture, do not over mix. Pour into the Baking Pan.
4. Using oven gloves, insert the Baking Pan into the Roaster. Close the Lid and set the Timer for 30 minutes. Check if cooked or continue baking if necessary.
5. Sprinkle with icing sugar.

Serves 4

## BREAD AND BUTTER PUDDING

### Ingredients:

6 slices of fruit bread  
2 cups milk  
2 eggs, beaten  
1 Tsp. vanilla  
2 Tbsp. caster sugar  
2 Tsp. mixed spice  
Grated zest of 1 orange or lemon

### Method:

1. Prepare the bread cubes and arrange evenly in the base of the baking tray.
2. Mix together milk, beaten eggs and vanilla - also a little castor sugar if you are adding it. Mix in the grated orange or lemon zest. Pour over the bread cubes and leave to stand for up to 1 hour.
3. Sprinkle on plenty of mixed spice, place the Tray into the preheated Roaster and cook for approximately 45 minutes, or until pudding is golden brown and fluffy. Serve with fruit and a little cream, if desired.

Serves 6-8

## BEEF CASSEROLE

### Ingredients:

- 1 Tbsp. olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 500g casserole meat, cut into 1-inch cubes
- 2 small carrots, cut into 1/2-inch slices
- 3 small potatoes, cut into 1-inch cubes
- 1/4 cup chopped prunes
- 2 Tbsp. all-purpose flour
- 1 bay leaf
- 1 Tsp. dried thyme leaves
- 1 Tbsp. chopped parsley
- 1 1/2 cups beef stock

### Method:

1. Place the Baking Pan into the Roaster and add the olive oil. Close the Lid and preheat to heat the oil.
2. At the end of the preheat time, add the onions. Close the Lid and cook 10 minutes. Stir in the garlic, close the lid and cook 2 minutes.
3. Combine remaining ingredients and stir into onion mixture. Close the Lid and set the timer for 90 minutes. Check for tenderness and continue baking if necessary.

Serves 4

## TOMATO MEATBALL CASSEROLE WITH MOZZARELLA

### Ingredients:

1 x 500gr packet of prepared meatballs (or home-made equivalent)

1 x 400gr can diced Roma tomatoes, with liquid

4 spring onions, finely chopped

1/2 cup torn or shredded basil leaves

pepper

1/2 cup shredded mozzarella cheese

2 Tbsp. shredded Parmesan cheese

### Method:

1. Preheat Roaster, tip the meat balls into the Roaster Tray and heat through. Add the tomatoes, spring onions, basil, pepper and stir together.
2. Place into the preheated Roaster, sprinkle the grated mozzarella and Parmesan cheese on top and cook for 30 minutes or until heated through and cheese has melted.
3. While this is heating, cook some pasta of choice and serve with the meatballs and sauce.

Serves 4-5

## MOROCCAN CHICKEN WITH COUSCOUS

You can cook your own couscous for this dish or, to make it really easy, buy one of the good couscous blends available in most supermarkets. This recipe is about as easy as it gets - and so good!

### Ingredients:

- 1 free range chicken
- Extra light olive oil spray
- 2 Tbsp. Moroccan or Middle Eastern Spices
- Couscous stuffing
- Fresh mint leaves
- 1 Lemon, halved

### Method:

1. Spray the chicken lightly with olive oil, then rub in Moroccan or Middle Eastern spices (available at all supermarkets). Place into refrigerator for at least 2 hours before roasting.
2. Make the couscous according to the packet instructions and stir through fresh mint and a squeeze of lemon juice. Stuff the cavity of the chicken with the couscous and place the lemon inside the cavity hole to keep the stuffing in.
3. Preheat Roaster and follow cooking instructions for chicken, about 1 1/2 hours depending on the size of the chicken.
4. Serve with garden salad and lots of stuffing.

Serves 4-5

## **GARLIC AND TARRAGON ROASTED CHICKEN SERVES 4-6**

### **Ingredients:**

1 medium size whole chicken (1kg)  
3 Tbsp. chopped tarragon  
4 Tbsp. melted butter  
1 Tbsp. minced garlic  
salt and pepper to taste  
1 lemon, sliced  
1 Tbsp. olive oil

### **Method:**

1. Preheat the Roaster. Mix the tarragon, butter, garlic, salt and pepper in a bowl.
2. Carefully pull the skin away from the chicken and rub the mixture on the meat. Pull skin back over the meat. Place the lemon slices inside the chicken cavity and then rub the olive oil on the skin.
3. Using oven mitts and a plastic or wooden utensil, place the chicken into the Roaster and set the Timer for 60 minutes. Check if cooked or continue roasting if necessary.

Serves 4-6

## **ROAST BEEF SERVES 4-6**

### **Ingredients:**

1 small to medium size sirloin beef roast (1.5kg)  
2 Tsp. plain flour  
1 Tbsp. dry mustard  
Salt and pepper to taste

### **Method:**

1. Preheat the Roaster. Mix the flour, mustard, salt and pepper together and sprinkle over the roast.
2. Using oven mitts and a plastic or wooden utensil, place the meat into the Roaster and set the Timer for 75 minutes. Check if cooked or continue roasting if necessary.

## ROAST PORK WITH APPLES AND GARLIC

### Ingredients:

1 small to medium size boneless pork roast  
4 small baking apples, quartered  
1 head of garlic, peeled  
1 medium onion, cut into eighths  
1 Tbsp. crushed thyme  
salt and pepper to taste

### Method:

1. Preheat the Roaster. Rub the pork roast with thyme, salt and pepper.
2. Using oven mitts and a plastic or wooden utensil, place the meat into the Contact Roaster and set the Timer for 75 minutes.
3. Core the apples and cut into quarters. Separate garlic cloves and peel. Cut the onion into eighths.
4. At the end of the cook time, turn meat over and add the apples, onion and garlic. Set the timer for a further 15 minutes. Check if cooked or continue roasting if necessary.

Serves 4-6

## ROAST LAMB WITH POTATOES

### Ingredients:

1 small to medium size bone-in leg of lamb  
2 Tbsp. sea salt  
1/3 cup of chopped rosemary  
1 Tbsp. ground black pepper  
2 Tbsp. minced garlic  
1/3 cup olive oil  
6 new potatoes, halved

### Method:

1. Preheat the Roaster. Mix sea salt, rosemary, black pepper, garlic and olive oil together in a bowl. Spread it on the leg of lamb and potatoes.
2. Using oven mitts and a plastic or wooden utensil, place the leg of lamb and potatoes into the Contact Roaster and set the Timer for 105 minutes. Check if cooked or continue roasting if necessary.

Serves 6

# WHOLE BAKED PUMPKIN

## Ingredients:

1 small whole Japanese pumpkin  
1 1/2 cups cooked brown rice (quantity will depend on the size of the Pumpkin!)  
Little extra light olive oil  
1 large white onion, chopped  
125gr mushrooms, diced  
125gr ham diced  
125gr tasty cheese, diced  
Chopped parsley  
Salt and pepper

## Method:

1. Cut the top (stem end) off the pumpkin and set aside. Scoop out the seeds and membranes and discard.
2. Cook and drain the rice.
3. Heat the oil in a pan, sauté the onions, mushrooms and ham until onions have softened (dice and add any excess pumpkin flesh from the "lid").
4. Mix together with the cooked rice, cheese, parsley and salt and pepper and pack into the hollow of the pumpkin, pressing in firmly.
5. Cover with foil and place into the preheated Roaster, set for 2 hours (approximately). To test, press the tip of a small knife into the exposed pumpkin around the filling. When that is tender, pumpkin is ready.
6. Place the pumpkin "lid" into the Roaster about 20 minutes before completion of cooking time so that it looks cooked when it caps the pumpkin.

Serves 6-8

## SAVOURY CHICKEN ROULADES

Serve these with your favourite tomato relish or make up a hot tomato sauce for serving.

### Ingredients:

- 8 chicken thigh fillets, trimmed and fat discarded
- 1 cup soft wholemeal breadcrumbs
- 2 Tbsp. extra light olive oil
- 1 large white onion, finely chopped
- 1 tomato, peeled and chopped
- 3 -4 mushrooms, chopped
- 1 clove garlic, crushed
- 1 Tbsp. chopped mixed fresh herbs
- 1 Tsp. Salt and pepper

### Method:

1. Prepare breadcrumbs in the food processor and place into a bowl. Spread chicken fillets flat and trim or flatten so they are not too “bumpy”.
2. Heat the olive oil in a pan, add the onion, tomato, mushrooms, garlic and herbs and blend well together. Add salt and pepper to taste.
3. To prepare, spoon a portion of the filling into the centre of each fillet, fold over and fasten with toothpicks.
4. Preheat Roaster for 10 minutes, arrange chicken roulades around the base. Set timer for 35 - 45 minutes (this will depend on the size of the chicken thighs) and test after 35 minutes. Turn the roulades with tongs several times during cooking to ensure even colouring.
5. To serve, remove toothpicks and slice each roulade diagonally in three portions to serve or serve whole on a platter and allow guests to help themselves. These are also very nice when served cold for a picnic.

Serves 3-4