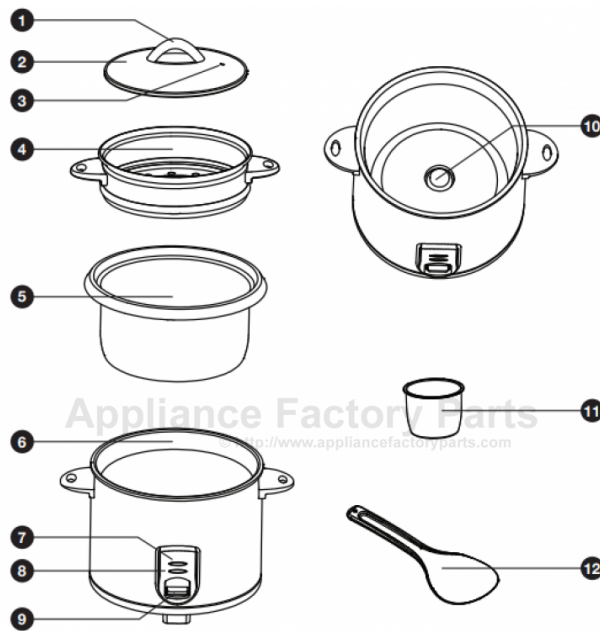


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George Foreman GFRC8 Owner's Manual

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GFRC8](#)



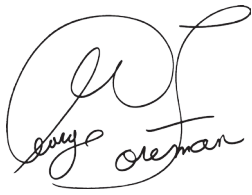
- | | |
|-------------------|----------------------------|
| 1. Lid handle | 7. On/WARM indicator light |
| 2. Glass lid | 8. COOK indicator light |
| 3. Steam vent | 9. Cooking selector lever |
| 4. Steamer basket | 10. Heating plate |
| 5. Inner pot | 11. Measuring cup |
| 6. Heating body | 12. Rice paddle |

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----- Manual continues below -----

GEORGE FOREMAN®

HEALTHY COOKING



GEORGE FOREMAN 8 CUP RICE COOKER

Instructions & Warranty

GFRC8_IB_FA_201114

GFRC8

Spectrum Brands Australia Pty Ltd

Locked Bag 3004 Braeside
Victoria 3195 Australia

Customer Service in Australia

Toll Free: 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

Toll Free: 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® appliances.

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

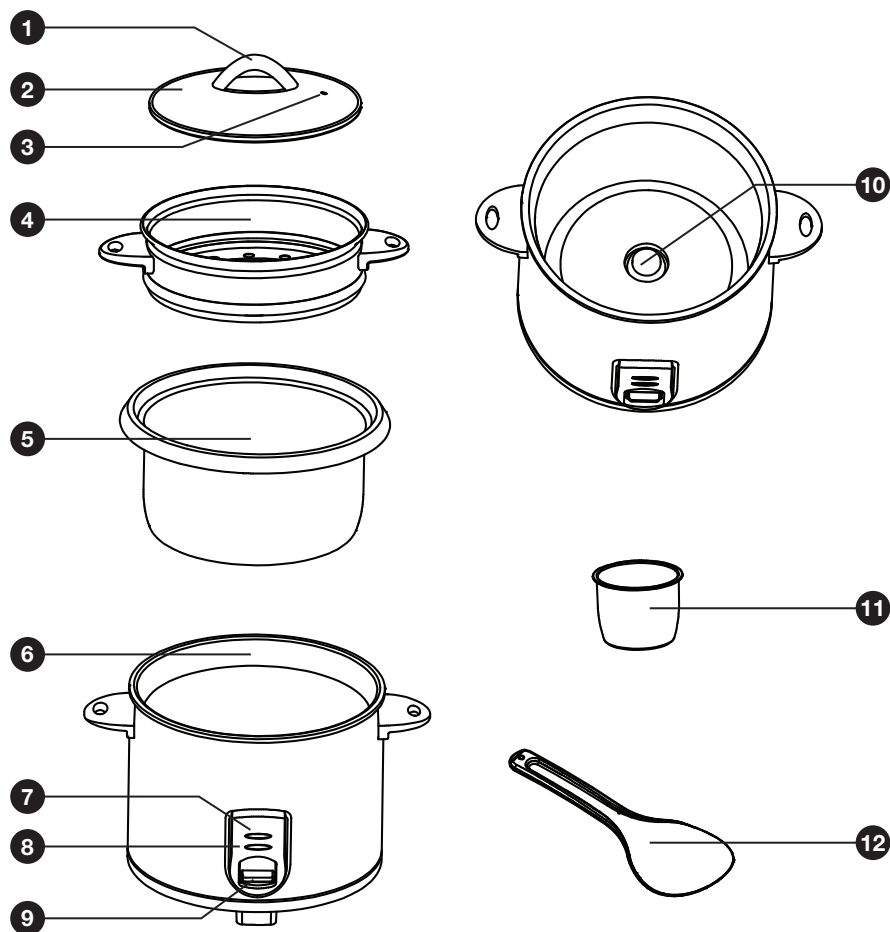
Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

Any questions? Please contact Customer Service for advice.

Congratulations on the purchase of your George Foreman® 8 Cup Rice Cooker. 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. | Lid handle | 7. | On/WARM indicator light |
| 2. | Glass lid | 8. | COOK indicator light |
| 3. | Steam vent | 9. | Cooking selector lever |
| 4. | Steamer basket | 10. | Heating plate |
| 5. | Inner pot | 11. | Measuring cup |
| 6. | Heating body | 12. | Rice paddle |

BEFORE FIRST USE

- Remove any packaging and labels from the appliance.
- As some parts may be packed separately, check to ensure all items have been unpacked before disposing of the packaging.

CAUTION: Do not immerse the heating body of the rice cooker in water or any other liquids.

- Dismantle and clean all removable parts as instructed in the “CARE AND CLEANING” section of this manual.
- Select a level, dry countertop where the appliance is to be used, allowing air space on all sides to provide sufficient ventilation and a safe distance from hot surfaces of the rice cooker.
- To prevent damage from steam and heat, ensure the rice cooker is not placed directly under cupboards when in use.
- Ensure the rice cooker is always disconnected from the wall power outlet when not in use.

USING THE RICE COOKER

- Measure the amount of rice you wish to cook using the 180ml measuring cup included with your rice cooker.

NOTE: Make sure that the rice is always levelled when the cup is filled. The cooker has the capacity for 8 rice measuring cups of raw rice. One cup of raw rice makes approximately 2 ¼ cups of cooked rice. Remember that the rice measuring cup is not a standard measuring cup. When filled, it measures ¾ of a standard cup.

- To obtain fluffier, less starchy rice, rinse the rice in a sieve under cold water before cooking. Wash until the water runs clear and add to the inner pot. Alternatively rinse the rice in the inner pot, pouring out the starchy water 2 to 3 times until the water runs clear.

CAUTION: Always ensure the outer surface of the inner pot is completely clean and dry before placing it into the heating body of the rice cooker.

- Place the inner pot inside the heating body. Rotate it slightly to make sure it is well seated on the heating plate. Ensure rice is spread evenly in the inner pot and not heaped to one side.

NOTE: The inner pot must be properly positioned inside the rice cooker or the unit will not work and may become damaged.

- Add water in accordance with the quantity of rice being cooked - refer to the rice cooking chart on page 6 for a guide.

CAUTION: Always ensure the inner pot contains liquid (or be ready to add margarine or oil immediately) before plugging in the rice cooker.

- Fit the glass lid.

CAUTION: Do not operate the rice cooker without the glass lid. Burns or other serious injury may occur.

- Plug the rice cooker into a wall power outlet and switch it on.
- Press the cooking selector lever down and the red COOK light will illuminate. The cooking process begins as soon as the light illuminates. The cooking time will depend on the type and amount of rice being cooked (refer to the rice cooking chart on page 6 for a guide).

NOTE: Never try to force the cooking selector lever to stay in COOK mode after it has moved up to the On/WARM position.

- When cooking is complete, the rice cooker will automatically switch to On/WARM mode. At this time the orange On/WARM light will illuminate.
- Keeping the lid on, allow the rice to stand in On/WARM mode for 15 minutes.

NOTE: Allowing the cooked rice to sit for 15 minutes before stirring or removing enables the steam to finish the cooking process and results in a fluffier rice texture.

CAUTION: When hot, this appliance contains hot water and steam. Lift off the lid carefully to avoid scalding, and allow water to drip into the rice cooker.

- Using the rice paddle provided (or any other non-metallic long handled utensil), scoop and mix well. Allow all steam to escape.
- The rice cooker will remain in On/WARM mode until the power is switched off at the outlet. If On/WARM mode is not desired, switch off and disconnect from the wall power outlet.
- Using oven mitts or a tea towel, carefully remove the inner pot from the rice cooker.

CAUTION: Allow the heating body and inner pot to cool completely before cleaning.

RICE COOKING CHART

The following quantities and times are a guide only; adjust to suit your taste and cooking requirements.

Amount of raw rice (with cup provided)	Add water* (with cup provided)	Approx. cooking time
2	3	18
4	6	24
6	9	27
8	12	30

**It is recommended you use 1.5 cups of water per cup of raw rice (using rice measuring cup provided).*

USING THE STEAMER BASKET

Use the steamer basket to steam vegetables (fresh or defrosted). It can also be used to steam items such as dumplings, gyoza, etc.

NOTE: You may cook rice and steam food simultaneously. Note that juices and flavourings from food in steamer basket will run into the rice.

- Clean and prepare your vegetables. Cut vegetables into bite sized pieces. If cooking a combination of different vegetables, try to ensure all require the same cooking time and cut the pieces uniformly.

CAUTION: Always ensure the outer surface of the inner pot is clean and dry before placing it into the heating body of the rice cooker.

- Place the inner pot into the heating body. Rotate the inner pot slightly to ensure it is well seated on the heating plate.

- Add water to the inner pot. As a guide, use at least 320mls of water when steaming (this will vary based on the food being steamed). Do not allow the inner pot to boil dry while steaming and ensure water levels are checked periodically. Additional water can be added whilst steaming.
- Place vegetables directly into the steamer basket.
- Position the steamer basket onto the rim of the inner pot and cover with the glass lid.
- Plug the cord into a wall power outlet and switch it on. Press the cooking selector lever down to the COOK position. Make sure the red COOK light is on. Steaming will start shortly.
- Allow the vegetables to cook until prepared according to your liking. For recommended steaming times based on the food being prepared refer to the chart below.
- The rice cooker may automatically switch to the On/WARM position. If additional cooking is desired, ensure sufficient water is in the inner pot.

CAUTION: If adding additional water to the inner pot, using an oven mitt or tea towel, lift the steamer basket by the handles and place on a heat-proof surface. Be careful to avoid scalding from escaping steam.

- When your food has been steamed to satisfaction raise the cooking selector lever to On/WARM and unplug from the wall power outlet.

NOTE: When using the steamer basket while cooking rice, it is important that you do not remove the glass lid during the rice cooking process. Some foods that cook quickly may not be suitable for this method.

VEGETABLE STEAMING CHART

The following quantities and times are a guide only; adjust to suit your taste and cooking requirements.

Vegetable	Quantity	Approx. cook time (minutes)
Beans	200g	10-12
Beetroot	Large	25-30
Bok Choy	Bunch	5-7
Broccoli	1 head, separated	10-12
Cabbage	½ head, sliced	10-12
Carrots	3 large	18-20
Cauliflower	1 head, separated	10-12
Corn	2 cobs	25-30
Potatoes	500g, diced large	25-30
Pumpkin	500g, diced large	20-25
Spinach	Bunch	3-5

CARE AND CLEANING

CAUTION: *Always unplug from the wall power outlet and allow the rice cooker to cool before cleaning. Do not immerse the rice cooker heating body in water or any other liquid.*

- Before cleaning, switch off the power and remove the plug from the wall power outlet.
- Let the rice cooker cool. If the rice has cooked on to the bottom of the pot and left a 'rice crust', fill the inner pot with warm soapy water and allow it to soak for about 10 minutes before cleaning.
- Wash with a sponge and dry thoroughly.
- The steamer basket, glass lid, measuring cup and rice paddle may also be washed in warm soapy water. Rinse and dry well.
- Wipe the heating body clean with a soft, slightly damp cloth or sponge.

STORAGE

- Unplug the unit from the wall power outlet and clean all parts. Be sure all parts are dry before storing. Store appliance in its box or in a clean, dry, place.

CAUTION: *Never store it while it is hot, wet or still plugged in.*

TROUBLESHOOTING

SYMPTOM	POSSIBLE SOLUTION
No indicator lights are illuminated	Make sure the rice cooker is plugged in and switched on at the wall power outlet. Check between the inner pot and heating plate for any foreign substances and ensure the area is clean. Ensure the inner pot is correctly seated on the heating body.
Water overflows during cooking	Before cooking, make sure you don't fill above the '8 cup' marking on the inner pot. Make sure the lid is in place and the steam hole is clean before cooking.
Cooked rice is too dry or not completely cooked	<p>Before cooking, make sure you put enough water in for the total amount of rice included. After cooking, add ¼ rice measuring cup of water and set to On/ WARM for 10-15 minutes, then stir.</p> <p>Check between the inner pot and heating plate for any foreign substances and ensure the area is clean.</p>
Cooked rice is too watery	<p>Before cooking, make sure you don't add too much water for the amount of rice included. Check between the inner pot and heating plate for any foreign substances. Be sure the area is clean.</p> <p>Ensure the cooking cycle is not interrupted. If the power cord is unplugged, the unit will not operate and the rice will not cook. Allow rice to stand for approximately 15 minutes in On/WARM mode before serving.</p>
Rice is scorched	<p>Check between the inner pot and heating plate for any foreign substances. Be sure the area is clean. Wash the inner pot after each use. Be careful not to add easily scorched ingredients such as sugar to the recipe before cooking.</p> <p><i>Note: it is normal for the rice to form a brown crust on the bottom of the inner pot – simply soak in warm water for 10 minutes before cleaning.</i></p>
Steam escapes between the glass lid and inner pot during cooking	Check between both the rim of the glass lid and inner pot for foreign substances (including rice kernels) that may prevent the glass lid from sitting correctly. Be sure the area is clean.
<p>Warmed rice has unusual smell or appears discoloured</p> <p><i>Note: The Warm function MUST NOT be used to reheat foods as it is a health safety risk.</i></p>	<p>For best results, do not use the On/WARM mode with brown rice. The bran in unrefined grains can “break-down” when kept at low heat for extended periods of time, causing an unusual smell and taste.</p> <p>Make sure the glass lid is properly centered in position over the inner pot when in On/WARM mode. Be sure to wash the inner pot after each use. Also ensure you don't leave the rice paddle or other plastics in the rice cooker while it is cooking / keeping warm.</p>

IMPORTANT SAFEGUARDS

When using this appliance, basic safety precautions should always be followed, including the following:

1. Read all instructions before, and follow whilst using this appliance.
 2. Do not touch hot surfaces. Use handles or knobs.
 3. To avoid burns, stay clear of the steam vent during cooking.
 4. Do not leave the plastic rice paddle or rice measuring cup in the inner pot while the rice cooker is in use.
 5. When hot, this appliance contains hot water and steam. Lift off lid carefully to avoid scalding, and allow water to drip into rice cooker.
 6. Cook only in the inner pot. Cooking in the heating body without using the inner pot will create an electric shock hazard.
 7. To protect against electric shock DO NOT spill liquids over the controls or immerse cord, plug or heating body in water or any other liquid.
 8. Do not use in the bathroom or near any source of water.
 9. Do not use outdoors.
 10. This product 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 product by a person responsible for their safety.
 11. This appliance is not a toy. Children must be supervised to ensure they do not play with this appliance.
 12. Always switch off and disconnect this appliance from the wall power outlet when not in use and before cleaning.
 13. To disconnect, turn off the wall power outlet, then grasp and remove the plug. Never pull by the cord.
 14. Do not operate the appliance with a damaged cord or plug or after the appliance has malfunctioned, or has been dropped or damaged in any manner. Contact customer service for replacement, examination, repair or adjustment.
 15. Do not use the inner pot if dented, bent or damaged.
 16. Do not use the On/WARM mode to reheat cold rice or other foods.
 17. There are no user serviceable parts. If the power cord is damaged, it must be replaced by the manufacturer or similarly qualified person in order to avoid a hazard.
 18. Do not operate the appliance if empty .
 19. Do not use on an inclined plane or unstable surface.
 20. Keep the appliance and the power cord away from the edges of benches and countertops.
 21. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dish towels or other flammable materials.
 22. Do not place on or near any heat sources.
 23. Do not move the appliance whilst in use.
 24. After use, the appliance and contents will remain hot for some time. Extreme caution
-

must be used when moving an appliance containing hot foods and/or liquids.

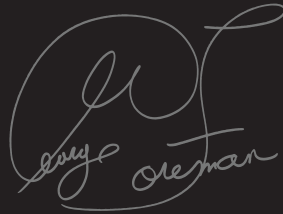
25. Do not use the appliance for other than its intended purpose. Misuse of this appliance may result in potential injury.
26. This appliance is not intended to be operated by means of an external timer or separate remote control system.
27. For added safety, electrical appliances should be connected 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

GEORGE FOREMAN[®]

HEALTHY COOKING



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