

GEORGE FOREMAN®

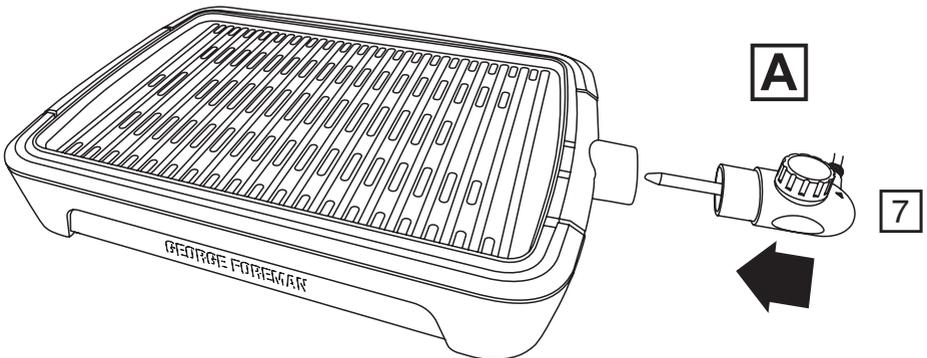
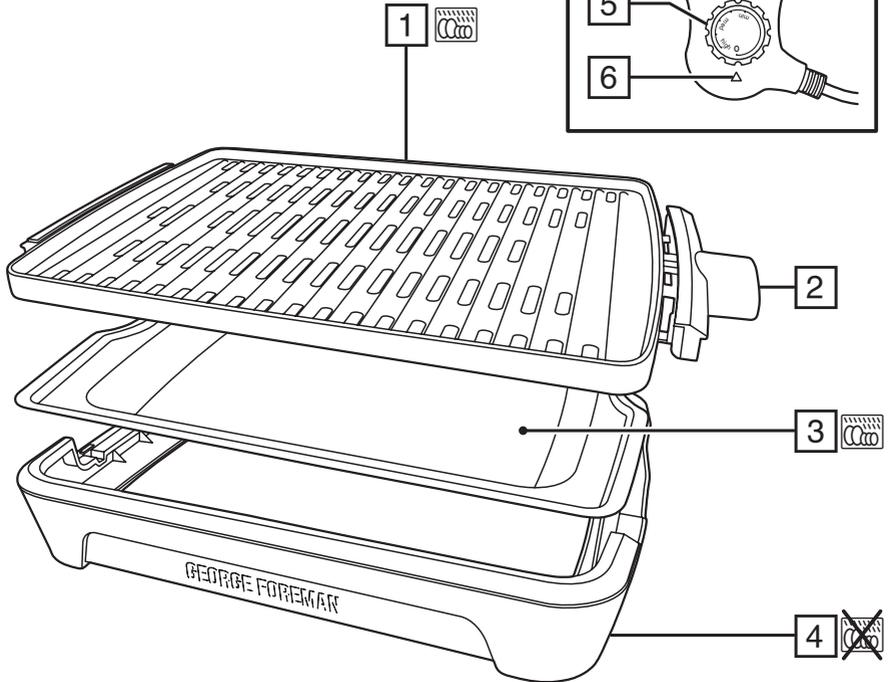
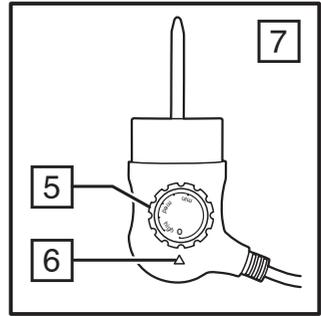


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Read the instructions, keep them safe, pass them on if you pass the grill on.
Remove all packaging before use.

IMPORTANT SAFEGUARDS

Follow basic safety precautions, including:

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance.

Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.

Keep the appliance and cable out of reach of children under 8.

Don't connect the appliance via a timer or remote control system.

WARNING: Charcoal or similar combustible fuels must not be used with this appliance.

 The surfaces of the appliance will get hot during use.

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

Don't use the grill with any connector other than the one supplied.

- ⊗ Do not use this appliance near bathtubs, showers, basins or other vessels containing water.
- Always use the assembled grill on a stable, level, surface (patio rather than grass).
- Leave a space of at least 50mm all round the appliance.
- Don't let people play near to or around the grill.
- Keep it well away from swimming/paddling pools, sprinklers and hoses.
- Food can burn. Don't use the appliance near or below curtains or other combustible materials and watch it while in use.
- Don't try to use the grill plate on its own. It must only be used with the assembled grill base.

ELECTRICAL SAFETY

- Route the cable (and extension cord if used) so it doesn't overhang, can't touch any hot surfaces or can't be tripped over or caught.
- Unwind the extension cord fully before use to prevent it overheating.
- If you use it outdoors, the extension cord must be suitable for outdoor use, and must be kept dry.
- If you use the grill outdoors, you must connect to the supply socket via an RCD (residual current device) with a rated residual operating current not exceeding 30mA. The RCD must be connected directly to the supply socket (not at the end of the extension cord).
- The appliance must only be connected to a supply socket that has an earth connection.
- Check the cable and the extension cable for signs of damage before each use. If you find any damage, do not use the appliance.

HOUSEHOLD USE ONLY

PARTS

- | | |
|----------------|------------------------|
| 1. Grill plate | 5. Temperature control |
| 2. Power inlet | 6. Thermostat light |
| 3. Tray | 7. Connector |
| 4. Base | |

BEFORE USING FOR THE FIRST TIME

Wipe the grill plate with a damp cloth.

Your grill may smoke a little the first time you use it. This is normal and will soon disappear.

USING YOUR GRILL

- Sit your grill on a stable, level, heat-resistant surface, away from cupboards, curtains, etc.
- 1. Place the tray into the base.
- 2. Fit the grill plate with the power inlet on the right hand side.
- 3. Turn the temperature control fully anticlockwise.
- 4. Plug the connector into the power inlet on the appliance (Fig A).
- 5. Put the plug into the power socket. The thermostat light will come on.
- 6. Set the temperature control to the required temperature.
- 7. When the thermostat light goes off your grill is at the correct cooking temperature.
- 8. The light will cycle on and off as the thermostat operates to maintain the temperature.
- 9. Lay the food on the grill with a spatula or tongs, not fingers.
- 10. Wait till the food has cooked.
- Check that the food is cooked. If you're in any doubt, cook it a bit more.
- Use wooden or plastic utensils to prevent damage to the plates.

CARE AND MAINTENANCE

1. Unplug the appliance and let it cool down before cleaning or storing away.
2. Pull the connector out of the power inlet.
3. Wipe all surfaces with a clean damp cloth.
4. Wipe the grill plate with a damp cloth or sponge. Use a paper towel with a little cooking oil to remove stubborn stains. The grill plate can be washed in a dishwasher. Make sure that the power inlet is completely dry before using your grill again.

 You may wash these parts in a dishwasher. Do not wash the base in a dishwasher because the high temperatures may distort it.

If you use a dishwasher, the harsh environment inside the dishwasher will affect the surface finishes. This is purely cosmetic, and will not affect the operation of the grill.

COOKING TIMES AND FOOD SAFETY

- The following times should be used purely as a guide.
- They are for fresh or fully defrosted food.
- The times are based on the HIGH setting.
- Turn over half way through cooking.

| MEAT | NOTES | TIME (MIN) |
|-------------------|--|-----------------|
| Steak | For best results, cook steaks when they are at room temperature. Rest for 3-6 mins after cooking. | Medium rare 4-6 |
| | | Medium 6-8 |
| | | Well done 8 + |
| Chicken breast | Cook until juices run clear. | 15-20 |
| Lamb chops | | Medium 5-7 |
| | | Well done 7-9 |
| Pork chops | Cook until juices run clear. Approx. 1-2 cm thick. | 8-14 |
| Sausages | | 12-16 |
| Burgers | | 10-14 |
| Bacon | | 3-5 |
| FISH | | |
| Salmon | 130-140 g | 6-9 |
| Prawns | | 2-3 |
| Flat fish | Plaice, Sole, etc. 120-130 g | 2-6 |
| Round fish | Haddock, Cod, etc. 130-140 g | 6-9 |
| Tuna / swordfish | 130-140 g | 5-10 |
| VEGETABLES | | |
| Peppers | | 6-10 |
| Aubergine | Sliced | 8-12 |
| Asparagus | | 6-9 |
| Courgette | Sliced | 8-10 |
| Tomatoes | Halved | 5-7 |
| Onions | Cut into wedges | 10-12 |
| Mushrooms | Whole, flat mushrooms | 6-8 |
| OTHER | | |
| Haloumi | | 5-7 |

- When cooking frozen foods, add 2-3 minutes for seafood and 3-6 minutes for meat and poultry (depending on the thickness and density of the food).
- Check food is cooked through before serving. If in doubt, cook it a bit more.
- Cook poultry, pork, burgers, etc., until the juices run clear. Cook fish, prawns, etc., until the flesh is opaque throughout.

A FEW SIMPLE RECIPES TO GET YOU STARTED

SOLE WITH TOMATOES

- 2 tsp olive oil or red wine (optional)
- 2 cloves garlic, crushed
- 1 tbsp fresh parsley, chopped
- 1 tbsp ground pepper
- 250g fillet of sole (or any white fish)
- 2 small onion, diced
- 2 small tomatoes, chopped
- 2 tbsp fresh chopped basil (2 tsp dried)
- 1 tbsp lemon juice

Sauté the onion and garlic in the oil or wine in a frying pan for 2 minutes.

Add the tomato, half of the herbs and a few grinds of pepper, then stir.

Spoon on to the preheated grill, lay the fish on top, add the lemon juice and remaining herbs, and cook for 2-3 minutes.

Put the fish and vegetables on a plate, pour the drip tray juices over the fish.

Serve with fresh bread or rice.

CHICKEN STUFFED WITH SWEET BALSAMIC RED ONION MARMALADE

- 2 chicken breasts
- 1 large red onion
- 1-2 tbsp olive oil
- small handful flat leaf parsley
- pinch sea salt
- 1 clove garlic (crushed)
- 1 tsp butter
- 4 tbsp balsamic vinegar
- small pinch brown sugar
- freshly ground white pepper

Slice the onion paper thin, chop the parsley fine, put them into a medium bowl with the garlic, balsamic vinegar, butter, oil, sugar, salt and pepper, mix, then leave this marmalade till the flavours develop (in the fridge overnight).

Cook the marmalade on a preheated grill for 4-6 minutes (to soften and caramelize the onion). Half way through, move the marmalade with a plastic or wooden spatula.

Return the marmalade to the bowl, and leave to cool fully.

Flatten the chicken breasts (10-15mm thick) with a mallet or rolling pin, brush with a little olive oil, put a tablespoon of the marmalade on each flattened breast, roll up, and secure with a wooden cocktail stick.

Cook the chicken parcels on the preheated grill for 7-9 minutes till cooked through.

Serve with grilled asparagus or green salad.

MEXICAN BEEF AND BEAN WRAPS WITH CREAMY CORIANDER CRÈME FRAÎCHE

- 2 floured tortilla wraps
- **filling**
- 50-75g minced beef (or soya mince)
- 2 tsp tomato purée
- ½ onion
- 1 tsp chilli powder
- 1 tsp coriander
- **coriander crème fraîche**
- 2-3 tbsp crème fraîche
- large handful fresh coriander
- 25g grated cheddar cheese (optional)
- 1 small chilli
- 1 clove garlic
- small tin (150g drained) mixed beans
- 1 tsp ground cumin
- squeeze lemon juice
- freshly ground black pepper

Drain the beans, crush the garlic, deseed the chilli, finely chop the chilli and onion. Chop the fresh coriander separately.

Mix the filling ingredients together in a bowl, then spread the mixture on the preheated grill and cook for 6-8 minutes, till the meat is fully browned. Half way through, break the meat up with a wooden or plastic spatula.

Mix the crème fraîche ingredients in a serving bowl.

Spread half the cooked meat mixture on each tortillas, top with cheese (optional), roll them up, and grill for 1-2 minutes.

GRILLED PEPPER STUFFED WITH CREAMY RED PESTO RICE

- 1 medium red/yellow pepper
- 75g risotto rice
- 1 tsp vegetable bouillon granules
- 2 mushrooms
- 2 tsp red pesto
- a few spring onions
- 1 tsp olive oil
- 400ml boiling water
- ½ small onion
- 1 large tbsp cream cheese
- ground black pepper

Cook the rice in the boiling water with a teaspoon of bouillon granules/stock cube.

Wash and dry the pepper, halve and deseed it, coat the outer skin in olive oil, and cook for 6-8 minutes on the preheated grill, till the skin softens.

Finely chop the half onion and mushrooms. Chop the spring onions separately.

Mix the cooked rice, chopped half onion, mushrooms, cream cheese, pesto and black pepper, spoon the mixture into the grilled pepper halves, top with the spring onion.

Return to the grill and cook for 2 minutes, till the tops are golden brown.

GEORGE FOREMAN'S POWERBURGER

- 375g lean minced beef
- 4 tbsp seasoned breadcrumbs
- 4 tbsp chopped vegetables – onions, courgettes, parsley, etc. (may be sautéed)

Mix the vegetables and breadcrumbs in a bowl, add the minced beef and mix well.

Shape the mixture into 10cm (4") wide burgers.

Preheat the grill and cook for 5-6 minutes or till the meat is no longer pink and the juices run clear, turning once.

Top your burger in healthful style with dark, leafy, green lettuce, shredded cabbage, fresh cilantro, basil or spinach.

This recipe is from *The Healthy Gourmet* (Clarkson Potter) by Cherie Calbom.

GRILLED TUNA STEAK WITH A BLACK PEPPER CRUST AND LEMON TAHINI

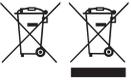
- 2 fresh tuna steaks
- 1 beaten egg
- 1 tsp coarsely ground black pepper
- **lemon tahini**
- 2 tbsp tahini paste
- 2 tbsp lemon juice
- 1 tbsp capers (finely chopped)
- 25g flour with a pinch of salt
- breadcrumbs from 1 slice of bread
- 2 tbsp greek yoghurt or crème fraîche
- zest of ½ lemon
- salt and pepper to taste

Mix the lemon tahini ingredients and refrigerate, then serve with the fish as a dip.

Put the flour, egg, breadcrumbs and black pepper in separate plates. Dip the tuna steaks into the flour, beaten egg, breadcrumbs and pepper, to coat both sides. Pat the fish firmly in the pepper plate, to secure the crust.

Cook the coated tuna steaks on the preheated grill for 2-3 minutes (1-2 minutes rare).

RECYCLING



To avoid environmental and health problems due to hazardous substances, appliances and rechargeable and non-rechargeable batteries marked with one of these symbols must not be disposed of with unsorted municipal waste. Always dispose of electrical and electronic products and, where applicable, rechargeable and non-rechargeable batteries, at an appropriate official recycling/collection point.

SERVICE

If you ring Customer Service, please have the Model Number to hand, as we won't be able to help you without it. It's on the rating plate (usually underneath the product).

The product isn't user-serviceable. If it's not working, read the instructions, check the plug fuse and main fuse/circuit breaker. If it's still not working, consult your retailer.

If that doesn't solve the problem – ring Customer Service – they may be able to offer technical advice.

If they advise you to return the product to us, pack it carefully, include a note with your name, address, day phone number, and what's wrong. If under guarantee, say where and when purchased, and include proof of purchase (till receipt). Send it to:

Customer Service

Spectrum Brands (UK) Ltd

Fir Street, Failsworth, Manchester M35 0HS

Email: support@georgeforeman.co.uk

Telephone: 0345 230 0598 (local rate number)

Please note: If you have purchased the product within the last 6 months, please contact the retailer in the first instance to deal with any matters relating to warranty.

GUARANTEE

Defects affecting product functionality appearing within the guarantee period will be corrected by replacement or repair at our option provided the product is used and maintained in accordance with the instructions. Your statutory rights are not affected.

This warranty shall not be valid where it is contrary to U.S. and other applicable laws, or where the warranty would be prohibited under any economic sanctions, export control laws, embargos, or other restrictive trade measures enforced by the United States or other applicable jurisdictions. This includes, without limitation, any warranty claims implicating parties from, or otherwise located in, Cuba, Iran, North Korea, Syria and the Crimea region.

Guarantee period = 2 years from first retail purchase.

To claim an extra 1 year guarantee, register your product online within 28 days of purchase.

Register at: georgeforeman.co.uk/product-registration

Consumables are guaranteed only for their recommended lifecycle. Replacement/Spare parts* are excluded and are only covered by a 1 year warranty.

* Examples include filters, removable grill plates, drip trays/crumb trays etc.

 **ONLINE**

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