

GEORGE FOREMAN®

INDOOR-OUTDOOR
GRILL FOR 15 SERVINGS

USE AND CARE MANUAL
GIO3000



Register your product at
www.prodprotect.com/georgeforeman



www.georgeforemancooking.com



PLEASE READ AND SAVE THIS USE AND CARE BOOK.

IMPORTANT SAFEGUARDS.

When using electrical appliances, always follow basic safety precautions to reduce the risk of fire, electric shock, and/or injury, including the following:

- Read all instructions.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock do not immerse cord, plug, or temperature control probe in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning the appliance.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Contact consumer support.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Use only George Foreman (Part no. 21006A) temperature-control probe.
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to OFF, then remove plug from wall outlet.
- Do not use this appliance for other than intended use.
- Fuel, such as charcoal briquettes, is not to be used with this appliance.
- Use only on properly grounded outlet.
- 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.
- Children should be supervised to ensure that they do not play with the appliance.
- This product is not intended for outdoor storage
- Be sure the pedestal is assembled and fastened securely.
- See instructions regarding assembly of pedestal under "ASSEMBLY INSTRUCTIONS" on page 4.
- Do not clean this product with a water spray or the like.
- Store product indoors when not in use – out of reach of children.

WARNING—Tip-over Hazard

- Cup holder and tray should only be utilized when grill is on a flat, level surface.
- Do not exceed the maximum allowable capacity. See installation instructions on page 7 for details. Failure to do so can result in burns and/or injuries to children or adults.

SAVE THESE INSTRUCTIONS.

This product is for household use only.

GROUNDING PLUG

As a safety feature, this product is equipped with a grounded plug, which will only fit into a three-prong outlet. Do not attempt to defeat this safety feature. Improper connection of the grounding conductor may result in the risk of electric shock. Consult a qualified electrician if you are in doubt as to whether the outlet is properly grounded.

TAMPER-RESISTANT SCREW

Warning: This appliance is equipped with a tamper-resistant screw to prevent removal of the outer cover. To reduce the risk of fire or electric shock, do not attempt to remove the outer cover. There are no user-serviceable parts inside. Repair should be done only by authorized service personnel.

ELECTRICAL CORD

CAUTION: To reduce risk of electric shock, connect to properly grounded outlets only.

- 1) Extension cords are available and may be used if care is exercised in their use.
- 2) If an extension cord is used:
 - a) The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b) If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wire cord.
 - c) The cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over.
 - d) Outdoor extension cords should be used with outdoor use products and are surface marked with the suffix letter "W" and with a tag stating, "SUITABLE FOR USE WITH OUTDOOR APPLIANCES".

CAUTION: Risk of Electric Shock. Keep extension cord connection dry and off the ground.

Note: If the power cord is damaged, please call our Customer Service line listed in these instructions.



GETTING TO KNOW YOUR INDOOR-OUTDOOR GRILL



- † 1. Lid handle (Part no. GIO3000-02)
- † 2. Lid part no. depends on color
GIO3000RD-01 (Red)
GIO3000BK-01 (Black)
GIO3000BL-01 (Blue)
GIO3000SV-01 (Silver)
GIO3000CU-01 (Copper)
GIO3000EP-01 (Eggplant)
- 3. Lid holder
- † 4. Tray (Part no. GIO3000-03)
- † 5. Upper pedestal tube
(Part no. GIO3000-04)
- † 6. Pedestal base hub/lower tube
(Part no. GIO3000-05)

- † 7. Pedestal feet (4)
(Part no. GIO3000-06)
- † 8. Temperature control probe
(Part no. 21006A)
- 9. Probe receptacle
- † 10. Nonstick coated grill plate
(Part no. GIO3000-07)
- † 11. Cup holder
(Part no. GIO3000-08)
- † 12. Removable drip tray
(Part no. GIO3000-09)
- † 13. Grill base

Note: † indicates consumer replaceable/removable parts.





GETTING STARTED

- Remove all packing material, any stickers, and the plastic band around the power plug.
- Remove and save literature.
- Please visit www.prodprotect.com/georgeforeman to register your warranty.
- Wash grill plate, drip tray and lid with warm, soapy water. Wipe dry.

Important: Do not immerse temperature control probe in water or any other liquid. To clean, wipe with a damp cloth and dry thoroughly.

WHAT'S IN THE BOX?

- Lid handle: 1
- Lid: 1
- Tray: 1 (comes assembled in grill base)
- Upper pedestal tube: 1
- Pedestal base hub/lower tube: 1
- Pedestal feet: 4
- Temperature control probe: 1
- Grill plate: 1
- Cup holder: 1
- Drip tray: 1
- Grill base: 1
- Screws: 4, located in the lid handle and the bottom side of the base.

ASSEMBLY INSTRUCTIONS

Additional tool needed: Phillips screwdriver

- 1 Insert the four grill pedestal feet into the pedestal base hub. The feet will click into place when fully seated.



- 2 Place the assembly with feet side down on a flat, level surface. Insert the tapered end of the upper tube into the lower tube and turn clockwise to tighten.



- 3 Remove screws from the bottom of the grill base. Attach cup holder (optional) to the bottom of the grill base using screws and screwdriver.



- 4 Place grill base on top of the outdoor stand, ensuring the stand enters the hole in the bottom of the grill base. Press down to ensure a secure fit.





- 5 Place cleaned and completely dry grill plate onto grill base. The plate will only fit in one orientation onto the grill base.



- 6 Insert removable drip tray into front opening.



- 7 Remove screws from handle. Use the two locating pegs on the handle to place it in the correct position on the outside of the lid. From the inside of the lid, attach screws into the empty holes next to the pegs.



- 8 Tighten screws with a screwdriver.



- 9 Place lid over grill. Your grill is ready to use!



TEMPERATURE SETTINGS

- 1=200°F
- 2=250°F
- 3=300°F
- 4=350°F
- 5=450°F





GRILLING OUTDOORS

- 1 Place fully assembled grill on a flat, level surface within reach of a grounded power outlet.
- 2 Turn temperature control probe to OFF. Position and attach securely into probe receptacle on grill.



Important: For your protection this appliance has an interlock system. The grill probe will only insert into the probe receptacle and function if the grill plate is placed correctly on the grill base.

- 3 Plug into standard electrical outlet.

Caution: To ensure continued protection from risk of electric shock, connect to properly grounded outlets only.



- 4 Align desired temperature setting with indicator light. Place lid securely on grill. Allow grill to preheat to desired temperature (Approx. 10 min.) The first time that the light turns off is an indication that the grill is preheated.



Tip: The light on the temperature control probe will cycle on and off as the grill thermostat maintains proper temperature. This is normal operation.

- 5 Remove lid when preheating is complete. Place food onto surface of the grill and replace the lid.



Caution: Grill surfaces are hot during use. Allow grill, drip tray, lid and grill base to cool completely before handling and cleaning.

Caution: When removing the lid, steam may escape and condensation may collect on inside of lid while cooking.

Caution: Do not move or reposition grill while hot.

Note: Temperature control probe may be turned to setting 1 (200°F) to keep foods warm for short periods of time.

Note: Use only plastic or wooden utensils on grill surface.

- 6 When finished cooking, turn temperature control to OFF Position. Temperature probe indicator light will go out. Unplug and allow grill to cool before disassembling and cleaning. Once cooled remove probe. Do not store outside. See CARE AND CLEANING.





GRILLING INDOORS

- 1 Remove the grill base from the grill stand by lifting it off while placing your foot on one of the stand feet.



- 2 Place grill base on a heat resistant surface within reach of a grounded power outlet.



Important: Never use grill plate without the grill base.

Caution: Some countertop finishes are more affected by heat than others; make sure the countertop surface can withstand temperatures of 150°F to prevent discoloration or other damage to countertop surface.

- 3 Follow steps 2-6 on previous page under Grilling Outdoors.

TRAY AND CUP HOLDER

- 1 A pull-out tray and a cup holder with accessory hooks are provided.
- 2 To use, pull outward on tray until tray locks into an extended position.



- 3 To store the tray after usage, push inward until table locks into retracted position

Important: Cup holder and tray should only be utilized when grill is on a flat, level surface.

Important: Do not attempt to move or relocate the grill while tray, hooks, or cup holder are in use. Empty them and store the tray prior to moving the grill.

Note: Maximum tray capacity: 4.4 lbs. Maximum cup holder capacity: 2 lbs.



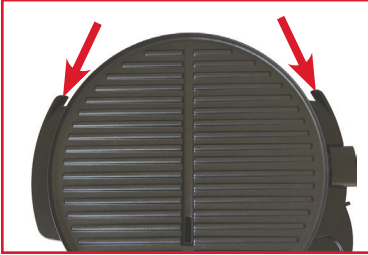
(Spatula and tongs not included.)





LID HOLDERS

There are two lid holders on the back edge of the grill base.



To use them, slide the lid gently back in an arc to rest within their grip.



To release, first lift up then move in an arc forward.



CARE AND CLEANING



Caution: To avoid accidental burns, allow your grill to cool completely.

This product contains no user serviceable parts. Refer service to qualified service personnel.

- 1 Unplug and allow grill to cool before disassembling and cleaning. Thoroughly clean all parts after each use.
- 2 Remove temperature control probe (DO NOT IMMERSE). Wipe with a damp cloth and dry thoroughly.
- 3 Remove grill plate and empty drip tray.
- 4 To remove tray: extend full length, then press tabs to release.



- 5 Wash grill plate, drip tray, sliding tray, and lid in warm water and dish soap. Wipe dry.

Important: Do not use metallic scrubbing pads, steel wool or any abrasive cleaners to clean any part of your grill; use only nylon or nonmetallic scrubbing pads.

Caution: Temperature control probe receptacle must always be completely dry before use. Make sure receptacle is dry before inserting control probe.

Note: This product is not intended for outdoor storage.





COOKING CHART

The following chart is meant to be used as a guideline only. Cooking time will depend on the thickness of the food. To be sure your food is cooked, USDA recommends using a meat thermometer to test for doneness. Insert the meat thermometer into the thickest part of the meat until the temperature stabilizes.

FOOD	TEMP SETTING	COOK TIME	COMMENTS
MEATS			
Hamburgers, fresh, 4 oz.	#5	4-6 min. per side, until 160°F	Shape into patties no more than ½-inch thick.
Beef Kabobs	#5	3-4 min. per side for medium rare 4-5 min. per side for medium	Cut meat and veggies into 1-inch cubes.
Lean, boneless steak (NY Strip, Sirloin, Tenderloin)	#5	Medium rare (130-135F) 2-3 min. per side Medium (140-145F) 3-4 min. per side Medium Well (150-155F) 4-5 min per side	Based on a 6 oz. steak with even thickness about 1 inch thick.
Hot Dogs	#5	2 minutes per side, until 145°F	Turn for even grilling.
POULTRY			
Boneless, skinless chicken breast, 6 oz.	#5	4-6 min per side or until a minimum internal temperature of 165°F at the thickest part	Pound or cut chicken to an even thickness for more even cooking.
Ground Turkey Burgers	#5	4-6 min per side or until a minimum internal temperature of 165°F	Shape patties into ½-inch thickness.
PORK			
Boneless pork chops, 6 oz	#5	3-4 min. per side or until a minimum of 145°F	Let rest 2-3 min. before cutting.
FISH/SEAFOOD			
Salmon fillets (5 oz.), skinless	#5	3-4 min. per side or until a minimum of 145°F	Brush surface of salmon with oil before grilling to prevent sticking.
Shrimp (16/20 or larger count)	#5	2-3 min per side or until opaque and not pink	Toss with oil, salt, pepper before grilling.
Thin fish fillets (pan fish, tilapia, sole)	#5	2-3 min. per side or until 145°F	Brush with oil to prevent sticking.
VEGETABLES - <i>Toss with oil, salt, and pepper to add flavor and to keep from sticking.</i>			
Asparagus	#5	4-6 min or until tender, turning halfway through grilling	Grilling time will vary depending on diameter.
Bell peppers, seeded and quartered	#5	2-3 min per side	
Onion slices	#5	2-3 min per side	Cut ½-inch thick.
Summer squash (yellow, zucchini), sliced	#5	2-3 min per side	
OTHER			
Take and bake pizza	#5	For Thin Crusts: 20-25 minutes For Thicker Crusts: 30-35 minutes	
Frozen pizza (non rising crust)	#5	30-35 minutes	



PARMESAN CORN ON THE COB

Corn on the cob is a summer staple. Dress yours up with this recipe on your George Foreman grill.

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 6 ears of corn
- 1 package (8 ounces) Parmesan cheese of your choice
- 2 tablespoons chili powder
- 4 tablespoons melted butter

Directions:

In a small mixing bowl combine all ingredients except for the corn. Stir until well mixed. Take mix and spread evenly on to your ears of corn. Place on your preheated George Foreman indoor outdoor grill. Cook for 30 minutes or until tender, turning the cobs every 5-10 minutes.

Servings: 6

GRILLED PULL-APART BREAD

Prep Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

Ingredients:

- | | |
|----------------------------------|----------------------------|
| 1 French boule or sourdough loaf | 3 Tbsp. pesto |
| 3 Tbsp. butter, softened | 2 cups shredded mozzarella |

Directions:

1. Preheat the Indoor/Outdoor Grill on setting 5.
2. Cut the loaf on a diagonal into 2" diamonds, being careful not to cut all the way through the bread.
3. Using your fingers, open each crack and spread the butter and pesto onto the bread coating each piece completely.
4. Stuff the cheese into each crack.
5. Place a large piece of tinfoil under the bread and lightly wrap up the sides of the bread, leaving the top open.
6. Place the foil wrapped bread onto the preheated grill. Place the lid on the grill.
7. Grill the bread for 25–30 minutes, until the cheese is melted.
8. Serve as one large loaf and pull out chunks of bread to enjoy!

Servings: 8



GOAT CHEESE PARTY POPPERS

Try these poppers at your next backyard get together or dinner party. They are sure to please with their upscale flavor.

Prep Time: 30 minutes

Cook Time: 10 minutes

Ingredients:

- 12 mini sweet peppers
- 8 oz. goat cheese log (Try different kinds to find what flavor you like best!)
- 1 package low fat bacon

Directions:

Cut peppers in half and remove seeds. Cut the goat cheese (if you bought it in log form) into slices and then in half again and place them inside the pepper halves. Take each slice of bacon and wrap them around each pepper half. Preheat your George Foreman grill. Place peppers on the grill, cheese side up, and cook for 8-10 minutes.

Servings: 24

MINI QUESADILLAS

Prep Time: 13 minutes

Cooking Time: 12 minutes

Total Time: 25 minutes

Ingredients:

- | | |
|-------------------------------|----------------------|
| 8 fajita sized tortillas | ¼ cup diced tomatoes |
| 4 Tbsp. nacho cheese sauce | 4 oz. diced chicken |
| ¼ cup black beans, drained | Butter |
| ½ cup shredded Mexican cheese | |

Directions:

1. Preheat the Indoor/Outdoor Grill on setting 4.
2. Butter the outside of 2 tortillas. Spread ½ Tbsp. nacho cheese sauce on the inside of each tortilla.
3. Top one tortilla with 1 Tbsp. black beans, 2 Tbsp. shredded cheese, 1 Tbsp. tomatoes, and 1 oz. chicken.
4. Place the remaining tortilla with the nacho cheese on top of the chicken and lightly press down. The buttered sides should be facing out.
5. Repeat with the remaining 6 tortillas
6. Place the quesadillas on the preheated grill. Place the lid on the grill.
7. Grill the quesadillas for 6 minutes per side, until cheese is melted.
8. Serve warm with tortilla chips and salsa.

Servings: 4





WARRANTY AND CUSTOMER SERVICE INFORMATION

For support or any questions regarding your appliance, call the appropriate 800 number listed within this section. Please DO NOT return the product to the place of purchase. Also, please DO NOT mail product back to manufacturer, nor bring it to a service center. You may also want to consult our Product Protection Center at www.prodprotect.com/georgeforeman.

Three-Year Limited Warranty

(Applies only in the United States and Canada)

What does my warranty cover?

- Your warranty covers any defect in material or workmanship provided; however, the liability of Spectrum Brands Inc. will not exceed the purchase price of product.

How long is the warranty period?

- Your warranty extends three years from the date of original purchase with proof of purchase.

What support does my warranty provide?

- Your warranty provides you with a reasonably similar replacement product that is either new or factory refurbished.

How do you get support?

- Save your receipt as proof of date of sale.
- Visit the online service website at www.prodprotect.com/georgeforeman, or call toll-free 1-800-947-3745, for general warranty service.
- If you need parts or accessories, please call 1-800-738-0245.

What does my warranty not cover?

- Damage from commercial use
- Damage from misuse, abuse or neglect
- Products that have been modified in any way
- Products used or serviced outside the country of purchase
- Glass parts and other accessory items that are packed with the unit
- Shipping and handling costs associated with the replacement of the unit
- Consequential or incidental damages (Please note, however, that some states do not allow the exclusion or limitation of consequential or incidental damages, so this limitation may not apply to you.)

How does state law affect my warranty?

- This warranty gives you specific legal rights. You may also have other rights that vary from state to state or province to province.

USA/Canada 1-800-947-3745
Accessories/Parts 1-800-738-0245
Register your product at www.prodprotect.com/georgeforeman

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