

OWNER'S MANUAL

Model No. GR10A

GEORGE FOREMAN'S

LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE!

George Foreman



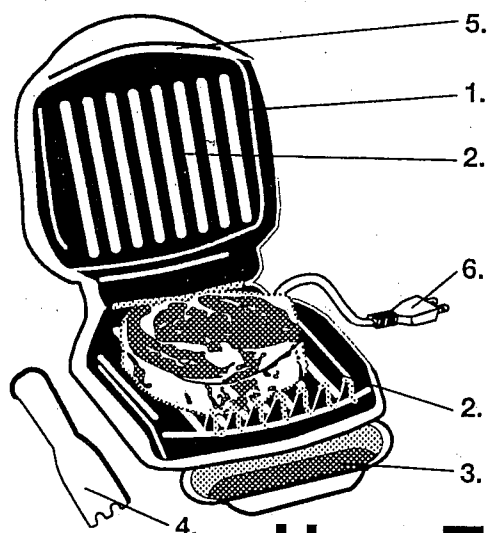
Important Safeguards

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against fire, electric shock and injury to persons, do not immerse cord, plugs, or cooking unit in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. 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.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electric shock, or injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. 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.
12. Do not use appliance for other than intended use.
13. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.

Save These Instructions

Getting To Know Your GR10A GRILLING MACHINE



- 1. **GRILLING MACHINE** Body
- 2. **GRILLING MACHINE**
Grilling Plates
- 3. Drip Tray
- 4. Plastic Spatula
- 5. Power Light
- 6. Cord

How To Use Your George Foreman's Lean Mean Fat Reducing GRILLING MACHINE

1. Before using the **GRILLING MACHINE** for the first time, wipe the cooking plates with a damp cloth to remove all dust.
2. **To preheat:** Close the cover and plug cord into a 120V AC polarized outlet. The power light will go on indicating that the elements are heating.
3. Carefully open the lid, preferably using a "pot holder."
4. Slide the grease catching drip tray under the front of the unit.
5. Carefully place the items to be cooked on the bottom cooking plate.
6. Close the cover and allow the food to cook for the desired time. (Consult the Recipe Section at the back of this book for some suggestions.) The power light will go on when the cover is closed to indicate that the elements are heating up to cook.
7. After the desired amount of time, the food should be done.
8. Carefully open the lid, preferably using a "pot holder."
9. Remove the food using the plastic spatula provided. Be sure to always use either 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 on the cooking plates.
10. Disconnect the plug from the wall outlet and allow to cool.
11. When cool, the drip tray may be removed and emptied.
Be sure that the liquid is cooled.

Polarized Plug

This appliance has a **polarized plug** (one blade is wider than the other): To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

Short Cord Instructions

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

User Maintenance Instructions

1. Before cleaning, unplug the **GRILLING MACHINE** from the wall outlet and allow to cool to avoid accidental burns.
2. **Inside cleaning:** Place the drip tray under the front of the **GRILLING MACHINE**. Scrape off any excess fat and food particles with specially designed spatula. Wipe the plates with absorbent paper towel or a sponge. Run off will drip into the drip tray.
3. **Stubborn build-up:** Use a wet sponge while the **GRILLING MACHINE** is still somewhat warm.
4. Empty the drip tray and clean with warm soapy water and wipe dry.
5. **Outside cleaning:** Wipe with a warm, wet sponge and dry with a soft, dry cloth.
6. Do not use steel wool, scouring pads, or abrasive cleaners on any part of the **GRILLING MACHINE**.
7. Do not immerse in water or other liquid.
8. **This appliance is for household use only.**

Additional Important Safeguards

1. **CAUTION:** *This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property.*
2. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
3. The cord to this appliance should be plugged into a 110V/120V AC electrical outlet only.
4. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not allow this appliance to touch curtains, wall coverings, clothing, dish towels or other flammable materials during use.
5. Do not leave this appliance unattended during use.
6. This appliance generates steam—do not operate in open position.
7. If this appliance begins to malfunction during use, immediately press OFF Button and unplug cord from outlet. Do not use or attempt to repair the malfunctioning appliance.

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This appliance has a **polarized plug** (one blade is wider than the other): To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

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CAUTION: To prevent Plasticizers to migrate from the finish of the counter top or table top or other furniture, place **NON-PLASTIC** coasters or placemats between the appliance and the finish of the counter top or table top.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

Recipes

NOTE: For all recipes, please remember to place drip tray in front of the **GRILLING MACHINE** to catch drippings from the cooking process.

The Champ's Sausage Without Guilt

You can start your day with a sizzling sausage patty that not only tastes good, but is also good for you. This moist, flavorful sausage, served with a country-style biscuit, makes the complete breakfast. Choose ground turkey breast, which is lower in fat than ground turkey containing dark meat and skin. Turkey, especially the light meat, is a good source of niacin, which is an important B vitamin needed to maintain a healthy nervous system.

Early symptoms of niacin deficiency that appear in the nervous system are apprehension, irritability, depression, weakness, and loss of memory. To prevent niacin deficiency, include plenty of lean turkey, fish, whole wheat, potatoes, corn flour, eggs, broccoli, tomatoes, and carrots.

- 1 slightly beaten egg white
- 1/3 cup finely chopped onion
- 1/4 cup finely snipped dried apples or
- 1/2 cup finely chopped fresh red Delicious apple
- 1/4 cup seasoned bread crumbs
- 2 Tbsp. snipped fresh parsley
- 1/2 tsp. sea salt
- 1/2 tsp. ground sage
- 1/4 tsp. ground nutmeg
- 1/4 tsp. black pepper
- 1/8 tsp. cayenne pepper
- 1/2 lb. lean ground turkey breast

- In a medium size mixing bowl, combine the egg white, onion, dried or fresh apples, bread crumbs, parsley, salt, sage, nutmeg, black pepper, and cayenne pepper. Add the ground turkey and mix well.
- Shape the mixture into eight or nine 2-inch wide patties.
- Preheat the **GRILLING MACHINE** and place the patties on the grill two at a time. Cook for 5 minutes or until the meat is no longer pink and the juices run clear, turning once or twice.
- Yield: 8 - 9 patties

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

George's Sausage Texas Style

A spicy sausage with true Southwestern zip! These breakfast sausages are great served with a sautéed vegetable or fresh salsa and egg scramble. Buy 90% lean ground beef for the least-fat sausage. Ninety percent lean beef has 9 grams of fat with 4 of those grams being saturated fat; whereas 73% lean beef has 18 grams of fat with 7 of the grams being saturated.

- 1 slightly beaten egg white
- 1/3 cup finely chopped onion
- 1/4 cup seasoned bread crumbs
- 1/4 cup diced green chili peppers
- 1 clove (large) garlic, finely minced
- 2 Tbsp. snipped fresh cilantro
- 1 Tbsp. apple cider vinegar
- 1-1/2 tsp. chili powder
- 1/4 tsp. sea salt
- 1/8 tsp. cayenne pepper
- 1/2 lb. lean ground beef

- In a medium-size mixing bowl, combine the egg white, onion, bread crumbs, green chili peppers, garlic, cilantro, vinegar, chili powder, salt and cayenne pepper. Add the ground beef and mix well.
- Shape the mixture into eight 3-inch wide patties.
- Preheat the **GRILLING MACHINE** for 3 - 5 minutes and place the patties on the grill two at a time.
- Cook for 5 minutes or until the meat is no longer pink and the juices run clear, turning once or twice.
- Yield: 8 patties

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

George Foreman's PowerBurger

A flavorful hamburger that we think tastes even better than its all-meat cousin! It pays to eat meals that minimize meat. To reduce saturated fat in a typical burger, you can cut back on the amount of meat and make up for it with plant-based ingredients. Bread crumbs and chopped vegetables have been added in this recipe. You could also try cooked rice, other grains or cereal. In addition, choose whole wheat buns; they typically contain one less fat gram than regular or even reduced-calorie buns.

If you settle for nothing less than a cheeseburger, Swiss cheese is 1 gram lower in fat than Cheddar, American or Monterey Jack with 8 grams of fat versus 9 in each ounce of cheese. However, reduced fat cheeses like Cheddar or Swiss contain half the fat with 4 grams per ounce. Mustard contains 1 gram of fat per tablespoon versus a whopping 11 grams of fat in a tablespoon of mayonnaise.

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

- 1/4 cup chopped vegetables such as yellow onions,
green onions, zucchini, parsley (can be sautéed)
- 1/4 cup seasoned bread crumbs
- 3/4 lb. lean ground beef

- In a medium-size mixing bowl, combine the vegetables and bread crumbs. Add the ground beef and mix well.
- Shape the mixture into four 4-inch wide patties.
- Preheat the **GRILLING MACHINE** for 3 - 5 minutes and place the patties on the grill two at a time.
- Cook for 5 - 6 minutes or until the meat is no longer pink and the juices run clear, turning once.
- Yield: Serves 4

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

Grilled Vegetables

- 3 slices eggplant, 1/2" thick (or use 2 baby eggplants)
- 1 small onion, sliced 1/2" thick
- 1 small tomato, diced
- 1 small zucchini, sliced
- 2 large cloves of garlic, peeled and sliced
- 2-3 mushrooms, sliced
- 1/2 tsp. olive oil (optional)

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes. At this time, also spread on olive oil if desired.
- Add the sliced eggplant and garlic, cover and cook 3 minutes.
- Add the slices of onion, zucchini, and mushrooms. Cover and cook 3 minutes.
- Remove the eggplant and zucchini and mushroom slices to a plate.
- Add tomatoes to the onion and garlic. Cover and cook for one minute.
- Remove and serve over the eggplant, zucchini, and mushrooms.
- Yield: Serves 1 - 2

Serve as an accompaniment to meat and pasta. Or stuff them into a piece of pita or french bread for a grilled vegetable sandwich.

Rosemary Lamb Chops

- 2 lamb chops, shoulder or loin
- 1 tsp. fresh chopped rosemary (or 1/2 tsp. dried)
- ground black pepper to taste

- Coat chops with rosemary and pepper.
- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Close lid and cook for 5 minutes for medium (a hint of pink in the middle) and 7 minutes for well done.
- Serve immediately
- Yield: Serves 2

Mustard Lemon Chicken Breasts

- 1 Tbsp. mustard
- 1 Tbsp. balsamic vinegar
- 1-1/2 Tbsp. lemon juice
- 1 clove garlic, minced
- 1/2 tsp. paprika
- 2 6 oz. chicken breasts halved with the skin taken off

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Mix first 5 ingredients.
- Add chicken breast and let it marinate for at least 1/2 hour.
- Place marinated chicken on **GRILLING MACHINE** and close lid. Let cook for 3-1/2 minutes.
- Remove and serve.
- Yield: Serves 2

Sole with Tomatoes

- 1 tsp. olive oil or red wine (optional)
- 1 small onion, diced
- 1 clove garlic, minced
- 1 small tomatoes, chopped
- 1 Tbsp. fresh basil or 1/2 tsp. dried, chopped
- 1/2 Tbsp. fresh parsley, chopped
- 1/2 Tbsp. ground pepper
- 1/2 Tbsp. lemon juice
- 1/2 lb. fillet of sole (or any white fish fillet)

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Sauté the onion and garlic in oil or wine for 2 minutes, stirring occasionally.
- Add the tomato, half of the herbs and a few grinds of pepper. Lay the fish on top, add the lemon juice and remaining herbs.
- Cover and let cook for 2-3 minutes.
- Lift the fish and the vegetables onto a plate. If any juices have dripped into the drip tray, use as a sauce to pour on top of the fillet.
- Serve with fresh bread or rice.
- Yield: Serves 2

Strip Steak Polynesian

- 2 Tbsp. soy sauce
- 1 clove garlic, minced
- 1 tsp. honey
- 2 6 oz. strip steaks

- Combine first 3 ingredients.
- Marinate the strip steak in the mixture for approximately one hour in the refrigerator.
- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Place the marinated strip steak onto the preheated grill.
- Grill for 3 minutes, open grill, add the rest of the marinade sauce to the top of the steaks.
- Grill for 1 minute, open grill and serve on a bed of rice.
- Yield: Serves 2

Burritos

- 1 small onions, chopped
- 2 cloves garlic, minced
- 2 cups ground meat, shredded beef, or chicken cubed
- 1-1/4 cup canned red chili sauce
- 1 tsp salt
- 1/2 tsp. cinnamon & cumin

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Add onions and garlic and sauté for 1 minute.
- Add meat/chicken and cook for 3 minutes or until cooked through.
- Add red chili sauce and seasoning until mixed through and hot.
- Remove from grill.
- Yield: Makes 4 burritos

Roll into warmed flour tortilla and top with your choice of guacamole, sour cream, shredded Jack cheese.

Carne Asada

- 4 thin strips tenderloin steaks, skirt or flank (1/2" thick)
- salt and pepper to taste
- 1 Tbsp. juice or 1 squeezed lime

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Add the tenderloin and season with salt and pepper.
- Cook for 3 minutes.
- Yield: Serves 2

Serve with warm flour tortillas and any of your favorite toppings.

Tacos

- 1 lb. lean ground beef or turkey
- 1 small onions, chopped
- 1-1/2 tsp. chili powder
- 1/2 tsp. oregano leaves & paprika
- 1/4 tsp. ea. dried rosemary, ground cumin, and pepper
- 1 clove garlic, minced
- 3 Tbsp. taco sauce
- 2 tsp. Worcestershire sauce
- 10-12 crisp corn taco shells

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Add onion and ground beef/turkey along with seasonings and garlic.
- Cook for 3 minutes or until meat is cooked through and onions are tender.
- Add taco sauce and Worcestershire sauce. Cook until hot.
- Remove mixture.
- Fill taco shells with meat mixture and your choice of: shredded lettuce, raw onion, diced tomatoes, shredded jack cheese, guacamole, or sour cream.
- Yield: Serves 2 - 4

Additional Tips:

Hot Dogs are quick and easy.

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Add hot dogs lengthwise to the grill. Cook for 2-1/2 minutes or until desired brownness is achieved.

Self browning hash brown potato patties are also easily prepared.

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Add hash browns and cook for approximately half the time stated on the package for oven preparation.

Fresh peppers can be grilled for 2-3 minutes for skinning purposes.

Also, great for **grilled cheese sandwiches**.

IMPORTANT NOTICE

If any parts are missing or defective,

DO NOT return this product.

Please call our Customer Service Department for assistance.

800-233-9054 Monday - Friday 9am - 5pm CST

Thank You

ONE-YEAR LIMITED WARRANTY

This product warranty extends to the original consumer purchaser of the product.

Warranty Duration: This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

Warranty Coverage: This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA and Canada, and does not extend to any units which have been used in violation of written instructions or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at the company's option) when the product is returned to the company's facility. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair

Should the appliance malfunction, you should first call toll-free 1-800-233-9054 between the hours of 9:00 am and 5:00 pm Central Standard Time and ask for CUSTOMER SERVICE stating that you are a consumer with a problem.

In-Warranty Service (USA) for an appliance covered under the warranty period, no charge is made for service or postage. Call for pre-paid return mailing label. (U.S. Customers Only)

In-Warranty Service (Canada) for an appliance covered under the warranty period, no charge is made for service or postage. Please return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the address listed below. Customs duty/brokerage fee, if any, must be paid by the consumer.

Out-of Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include \$6.00 (U.S.) for return shipping and handling.

We cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem; your full return address and daytime phone number; a note describing the problem you experienced; a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

Return the appliance to:

The Repair Department
SALTON HOUSEWARES
708 SOUTH MISSOURI ST.
MACON, MO 63552

For more information on Salton/MAXIM products, visit our website:

<http://www.homecreations.com>

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