



OWNER'S MANUAL

MODEL No. GR10/GR10A/GR10ABW/
GR15/GR20/GR20BW/
GR26/GR26BW/GR30/
GR30BW/GR35/GR36/
GR36BW

ENGLISH

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. Do not use appliance for other than intended use.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.

Save These Instructions

Getting To Know Your GRILLING MACHINE

1. GRILLING MACHINE Body (Model GR20 Shown)
2. GRILLING MACHINE Grilling Plates
3. Drip Tray
4. Plastic Spatula
5. Power Light (On Lid)
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 AC. 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.

How to Use Your Grilling Machine (cont'd)

- 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.
- Disconnect the plug from the wall outlet and allow to cool.
- When cool, the drip tray may be removed and emptied.
Be sure that the liquid is cooled.

GRILLING MACHINE

(Model GR10ABW, GR20BW, GR26BW,
GR30BW, GR36BW ONLY)

BUN WARMER

- Bun Warmer Upper
Compartment _____
- Latch _____



While cooking on the **GRILLING MACHINE**, you can warm various kinds of bread products in the bun warmer. Simply place the bread inside the bun warmer by lifting up the latch. It says "LIFT TO OPEN." When everything is in place, close the lid by lifting up on the latch again, and locking it onto place.

Do not force the latch closed. Press gently.

For example if you are cooking hamburgers, you can place your hamburger buns inside the bun warmer to warm them while you cook! Please see recipe section for other suggestions for the bun warmer.

BUN WARMER (cont'd)

REMEMBER: The bun warmer should be used to warm these products only. It will not cook or grill any item. It is not intended for defrosting.

Please allow 2-3 minutes after the machine has warmed up to complete heating. If you are placing bread products in the bun warmer that have been refrigerated, they may take longer than the suggested time.

CAUTION: The bun warmer does not have a separate operation switch. If you want to warm some bread, but do not want to cook anything on the grill, please be aware that the grill will be on and will become very hot.

WARNING: Do not put cooked food (such as meat, vegetables, potatoes, etc.) into the bun warmer!

THE BUN WARMER IS FOR BREAD PRODUCTS ONLY!

Polarized Plug

When your appliance has a Polarized plug (one blade is wider than the other), 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.

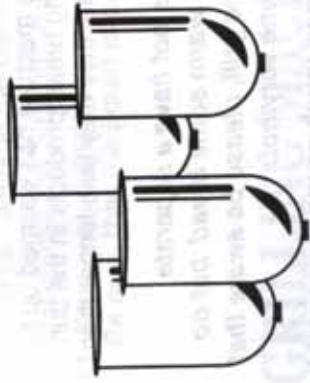
If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where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

GRILLING MACHINE

(Model GR20 & GR20BW ONLY)

Extension Feet (OPTIONAL)

When included, the set of four (4) feet with this **GRILL** can grill fajitas and taco fillers and then directly fill hard taco shells from the **GRILL**. Simply put the taco shell into one of the trays, placing the taco opening at the lip of the **GRILL**. Using the spatula, rake the filling directly into the taco. Top with your favorite veggies & salsa and enjoy!



Attaching Extension Feet (OPTIONAL)

To put the extension feet onto the grill, follow these simple instructions:

Note: The GRILLING MACHINE must be unplugged and clean (no food inside) when attaching the feet. Do not attempt to attach the feet while the product is plugged into a AC socket and in use.

Turn the **GRILL** over so that all four legs are in the air. Place one foot at a time on the leg and push downwards until the foot is secure in place. After all four feet are attached, turn the **GRILL** over so that it is standing upright. Make certain that the **GRILL** is stable and all four legs are even. There shouldn't be any wobbling. If there is wobbling, adjust the foot in question, so that it is even with the others.

Note: Never use this product with only a partial set of feet. It is not intended for use with less than all four feet at a time.

To Detach The Feet

After use, unplug the unit and wait until it is cooled down and the grilling plates are cleaned.

When you have established that the unit is unplugged, cooled down and cleaned, simply turn it over and pull off the feet.

When all four feet are removed, turn the unit back over to an upright position.

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. To clean the bun warmer surface, simply wipe with a clean, damp cloth or sponge. Make sure the unit is unplugged and cooled before cleaning. Do not use harsh abrasive cleaners!
9. **This appliance is for household use only.**

Recipes

NOTE : For all recipes, please remember to place drip tray in front of the GRILL 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 apple
- 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. (227g) 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" (5 cm) wide patties.
- Preheat the GRILL MACHINE and place the patties on the grill four 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. (227g) 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" (7.5 cm) wide patties.
- Preheat the GRILL MACHINE for 3 - 5 minutes and place the patties on the grill four 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 reduce-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 (28 grams) of cheese. However reduced fat cheeses like Cheddar or Swiss contain half the fat with 4 grams per ounce (28 grams). 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. (340g) lean ground beef

- In a medium-size mixing bowl, combine the vegetables and bread crumbs. Add the ground beef and the mix well.
- Shape the mixture into 4" (10 cm) wide patties.
- Preheat the **GRILL MACHINE** for 3 - 5 minutes and place the patties on the grill four 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 Vegetable

6 slices eggplant, 1/2" (1 cm) thick (or use 2 baby eggplants)
2 small onions, sliced 1/2" (1 cm) thick
2 small tomatoes, diced
2 small zucchini, sliced
4 large cloves of garlic, peeled and sliced
4 - 6 mushrooms, sliced
1 tsp. olive oil (optional)

- Preheat the **GRILL 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 sliced of onion, zucchini, and mushrooms. Cover and cook 3 - 5 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 2 - 4
- 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

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

- Coat chops with rosemary and pepper.
- Preheat the **GRILL 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 4

Mustard Lemon Chicken Breasts

- 2 Tbsp. mustard
- 2 Tbsp. balsamic vinegar
- 3 Tbsp. lemon juice
- 2 cloves garlic, minced
- 1 tsp. paprika
- 4 6 oz. (170g) chicken breasts halved with the skin taken off

- Preheat the **GRILL 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 **GRILL MACHINE** and close lid. Let cook for 3-1/2 minutes
- Remove and serve
- Yield: Serves 4

Sole with Tomatoes

- 2 tsp. olive oil or red wine (optional)
- 2 small onion, diced
- 2 clove garlic, minced
- 2 small tomatoes, chopped
- 2 Tbsp. fresh basil or 1/2 tsp. dried, chopped
- 1 Tbsp. fresh parsley, chopped
- 1 Tbsp. ground pepper
- 1 Tbsp. lemon juice
- 1 lb. (455g) fillet of sole (or any white fish fillet)

- Preheat the **GRILL 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 3 - 4

Strip Steak Polynesian

- 4 Tbsp. soy sauce
- 2 cloves garlic, minced
- 2 tsp. honey
- 4 6 oz. (170g) strip steak

- Combine first 3 ingredients
- Marinate the strip steak in the mixture for approximately one hour in the refrigerator.
- Preheat the **GRILL 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 4

Burritos

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

- Preheat the **GRILL 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 8 burritos

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

Tacos

- 2 lb. (910g) lean ground beef or turkey
- 2 small onions, chopped
- 3 tsp. chili power
- 1 tsp. oregano leaves & paprika
- 1/2 tsp. ea. dried rosemary, ground cumin, and pepper
- 2 cloves garlic, minced
- 6 Tbsp. taco sauce
- 4 tsp. Worcestershire sauce
- 10 - 12 crisp corn taco shells

- Preheat the GRILL MACHINE for 3 - 5 minutes.
- Add onion and ground beef/turkey along with seasonings and garlic.
- Cook for 3 minutes or until the 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 6 - 8

Carne Asada

- 8 thin strips tenderloin steaks, skirt or flank « 1/2" (1 cm) thick» salt and pepper to taste
- 2 Tbsp. juice or 1 squeezed lime
- Preheat the GRILL MACHINE for 3 - 5 minutes.
- Add the tenderloin and season with salt and pepper.
- Cook for 3 minutes.
- Yield: Serves 4

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

The George Forman Lean Machine Fat Reducing Grilling Machine Basic Cooking Guide

Food	Grilling Minutes	Notes
Beef		
Flank steak	7-8	Slice thinly to serve
Hamburger, 4 oz. 8 oz.	7-8 8-9	
Kebabs	7-8	1-inch pieces
London broil	7-8	1 1/2 - 2 inches thick
Ribeye	5-7	
Ribs, Short ribs	8-9	Parboil prior to grilling
Loin ribs	7-8	Parboil prior to grilling
Round steak	5-7	
Sirloin	7-9	
T-Bone	8-9	
Tenderloin	5-7	
Fruit		
Apple	6-8	cut in half or sliced
Bananas	3-4	sliced lengthwise
Nectarines	3-5	cut in half or sliced
Peaches	3-5	cut in half or sliced
Pineapple	3-7	1/2 inch thick slices

GRILLING MACHINE Additional Tips

Food	Grilling Minutes	Notes
Sandwiches		
Cheese	6-7	
Ham	5-6	
Roast Beef	6-7	
Rueben	5-6	
Sausage	6-7	
Turkey	6-7	
Seafood		
Halibut steak	6-8	1/2 - 1 inch thick
Kebabs	4-6	1 - inch pieces
Mahi Mahi fillet	3-5	
Orange Roughy fillet	4-6	
Red Snapper fillet	3-5	
Salmon, Fillet	3-4	
Steak	6-8	1/2 - 1 inch thick
Scallops	4-6	
Sea Bass fillet	3-5	
Shrimp	1 1/2 - 2 1/2	
Swordfish steak	6-9	1/2 - 1 inch thick
Tuna steak	6-8	1/2 - 1 inch thick
Snacks		
Calzone	8-9	
Hot Dogs	2-3	
Quesadillas	2-3	
Tacos	6-8	meat filling

The George Forman Lean Machine Fat Reducing Grilling Machine Basic Cooking Guide

Food	Grilling Minutes	Notes
Lamb		
Ground lamb	6-7	
Kebabs	7-8	1 - inch pieces
Loin chops	4-6	
Pork		
Center cut chops	5-6	
Ground pork	7-8	
Ham	3-4	fully cooked,
Kebabs	7-8	1/2 inch thick slice
Loin chops	5-6	1 - inch pieces
Ribs, Baby back ribs	5-7	Parboil prior to grilling
Country-style ribs	8-10	boneless
Sausage	5-6	lowfat, link or patty style
Tenderloin	4-6	
Poultry		
Chicken Breasts	5-7	boneless/skinless
Chicken kebabs	7-8	1 - inch pieces
Chicken sausage	5-7	lowfat, link or patty style
Chicken thighs	5-7	boneless/skinless
Ground chicken	7-8	
Ground turkey	7-8	
Turkey breast, boneless/skinless	3-4	Thin sliced
	5-7	Sliced
		1/4 - 1/2 inch thick

GRILLING MACHINE

Additional Tips

Hot Dogs are quick and easy.

- Preheat the **GRILL 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 **GRILL 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**.

Bun Warmer Suggestions

(Model GR10ABW, GR20BW & GR30BW ONLY)

Hamburger buns, breakfast biscuits, English muffins, tortillas, pita bread, sliced bagels, croissants, cooked pancakes and waffles. The bun warmer cannot hold very thick items. If an item is too thick, you may have to cut it down to size.

REMEMBER, NEVER FORCEFULLY CLOSE THE LID.

Food	Grilling Minutes	Notes
Vegetables		
Asparagus	3-4	lengthwise (vertically) on grill
Brussel sprouts	8-9	frozen, thawed
Carrots	5-7	1/4 - 1/2 inch thick slices
Eggplant	8-9	1/4 - 1/2 inch thick slices or cubed
Onions	5-6	thinly sliced
Peppers	6-8	thinly sliced
Potatoes, Baking	7-9	1/4 - 1/2 inch thick slices or cubed
Red	7-9	1/4 - 1/2 inch thick slices or cubed
Sweet	7-9	1/4 - 1/2 inch thick slices or cubed
Squash	6-8	1/4 - 1/2 inch thick slices or cubed