George Foreman

Fat Reducing Grill

instructions and recipes

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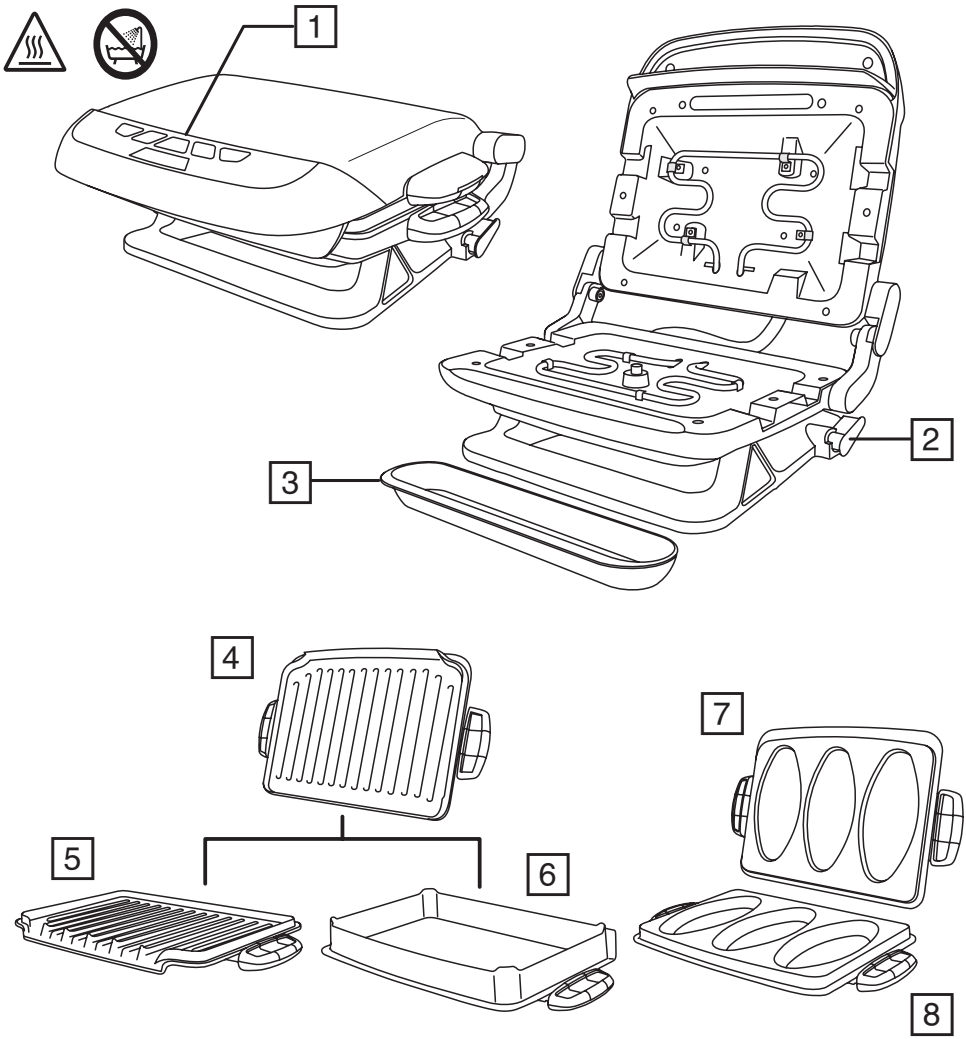
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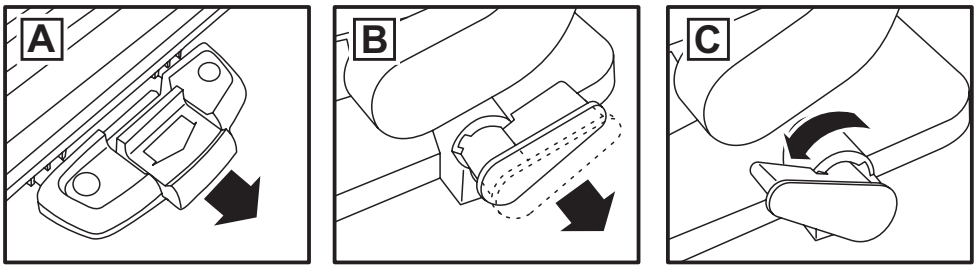
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Read the instructions, keep them safe, pass them on if you pass the grill on.
Remove all packaging before use.

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 supervised/instructed and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be done 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.

⚠ The surfaces of the appliance will get hot.

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

- Don't put the grill in liquid, don't use it in a bathroom, near water, or outdoors.
- Don't wrap food in plastic film, polythene bags, or metal foil. You'll damage the grill and you may cause a fire hazard.
- Don't use the grill for any purpose other than cooking food.
- Don't use the grill if it's damaged or malfunctions.

HOUSEHOLD USE ONLY

PARTS

1. Control panel
2. Tilt lever
3. Drip tray
4. Ribbed upper plate
5. Ribbed lower plate
6. Deep bake pan
7. Upper omlette plate
8. Lower omlette plate

BEFORE USING FOR THE FIRST TIME

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

TILTING/LEVELLING THE GRILL

You can tilt the grill so that fat and juices run into the drip tray when cooking things like burgers, meat, etc. Alternatively, you can use the grill level for cooking things like panini, sandwiches, etc. or when using the deep bake pan or omelette plates.
To tilt the grill:

1. Pull the tilt lever out from the grill (fig B).
2. Turn it forward to tilt the grill (fig C). If the lid is open, support it when tilting the grill.
3. To return the grill to the level position, turn the lever towards the rear.

CHOICE OF GRILL PLATES

Ribbed plates—the upper and lower ribbed plates are best for grilling meat, sausages and anything that might give off fat. Use with the grill in the tilted position.
Deep bake pan—the deep bake pan is ideal for cooking non-fatty items, baking, pittas, calzone and batters (e.g. Yorkshire pudding). Use with the grill in the level position. You must always have the upper ribbed plate fitted when using the deep bake pan.
Omelette plates—the omelette plates are ideal for cooking indiviudal omelette portions with a choice of fillings. Use with the grill in the level position.
Refer to the recipe section of these instructions for more information.

To fit the plates:
All the lower plates are marked on their underside with the word LOWER.

1. Open the grill. Fit one plate at a time.
2. Slide the central part of the latches marked “RELEASE” outwards (fig A).
3. Fit the plate over the element.
4. Release the latches to lock the plate in place.

To remove the plates:

1. Open the grill. Remove one plate at a time.
2. Slide the latches outwards and lift the plate off the grill.

USING YOUR GRILL

- Sit the grill on a stable, level, heat-resistant surface, away from cupboards, curtains, etc.
- Centre the drip tray under the front of the grill, to catch run-off.

1. Plug the grill in (switch the socket on, if it’s switchable).
2. The **min** display will show “88“ and the **°C** display will show “888“.
3. Press the ⏻ button. The grill will beep and the ⏻ button will light up. The **min** display will show “5”, and the **°C** display will flash and show “145”.
4. Set the temperature using the ▲ and ▼ buttons. The range is from 145°C to 220°C in 15 degree steps.
5. The **°C** (temperature) display will flash while the grill is heating. It will stop flashing when the temperature is reached, and beep four times.
6. Wait till it stops flashing before placing the food onto the grill.
7. Note that the timer will count down and beep when it reaches zero but it can be ignored.
8. When you have finished cooking press the ⏻ button then unplug the grill.

- Check that the food is cooked. If you’re in any doubt, cook it a bit more.
- Always use an oven glove when opening/closing the grill or placing/removing food.
- Use wooden or plastic tools to prevent damage to the plates.
- The grill hinge is articulated to cope with thick or oddly shaped foods.
- The grill plates should be roughly parallel, to avoid uneven cooking.
- When neccessary, use an oven glove and empty the drip tray into a heatproof bowl. Wipe it with kitchen paper then replace it under the front of the grill.

USING THE TIMER

Using the timer is optional. It doesn’t turn the grill off, it simply beeps four times to tell you the time is up. To set the timer:

1. Press the 🌡/🕒 button. This allows the ▲ and ▲ buttons to control the **min** (time) display.
2. Use the ▲ and ▼ buttons to set the desired time. The time can be set from 1 minute to 20 minutes in 1 minute increments. If you don’t press either button within 5 seconds, the grill will revert to temperature mode.
3. Once set, the timer will count down 1 minute at a time. When it reaches zero, the grill will beep four times and the min display will show “00“. This means that the grill is still active. You must remove the food to avoid overcooking it.

USING THE SEAR FUNCTION

The sear function raises the temperature to 260°C for 90 seconds.
The sear funtion works best with close-grained red meat like beef, buffalo, bison, lamb, venison, etc., cut into steaks (across the grain of the meat).
The steaks should be between 5mm and 25mm thick.

1. Press the ≋ button. The button will light up and the **°C** temperature display will flash and show 260.
2. Wait till the grill beeps 4 times and the display stops flashing.
3. Wear an oven glove and open the grill. Place the food onto the bottom grill plate, then

close the grill.

4. Wait till the grill beeps again (after 90 seconds). The grill will then revert to the previously set temperature.

The outside surfaces of the food will be seared to a deep brown, while the inside should be rare to medium rare (depending on the thickness of the food).

You now have the option of removing the food right away, (for rare or medium), or leaving it to cook at the default temperature for a little longer if you want the meat more well done.

If you want to use the sear function again, wait 10 minutes before doing so.

CARE AND MAINTENANCE

1. Press ⏻, then unplug the grill and let it cool.
2. Wipe all surfaces with a damp cloth or sponge.
3. Use a paper towel with a dab of cooking oil to remove stubborn stains.
4. Wash the grill plates in warm soapy water, or in a dishwasher.
5. Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
6. Take extra care with the non-stick cooking surfaces.

- Don't use harsh or abrasive cleaners, solvents, scourers, wire wool, or soap pads.
- **George Foreman** sponges, designed specially for cleaning our grills, are available online.
- Where the top and bottom plates make contact, the non-stick surfaces may show signs of wear. This is purely cosmetic, and will not affect the operation of the grill.

COOKING TIMES AND FOOD SAFETY

The following times are based on a temperature of 205ºC and should be used purely as a guide. They are for fresh or fully defrosted food. 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 meat, poultry and any derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.

When cooking pre-packed foods, follow any guidelines on the package or label.

BEEF	**MIN**	**SANDWICHES**	**MIN**
fillet	5-7	cheese	2-3
loin steak	7-8	ham (cooked)	5-6
burger, 50g	5-6	roast beef (cooked)	6-7
burger, 100g	7-8	sausage (cooked)	6-7
kebabs, 25mm cube	7-8	turkey (cooked)	6-7
round steak	5-7	**SNACKS**	
sausages (thin)	5-6	hot dogs	2-3
sausages (thick)	7-8	quesadillas	2-3
sirloin	7-9	tacos, meat filling	6-8
T-Bone	8-9	**CHICKEN/TURKEY**	
LAMB		chicken breast pieces	5-7
kebabs, 25mm cube	7-8	burger, 50g, fresh/frozen	4/5
minced	6-7	burger, 100g, fresh/frozen	5/6
loin chops	4-6	kebabs, 25mm cube	7-8
SEAFOOD		thighs (chicken)	5-7
halibut steak, 12-25mm	6-8	minced	7-8

kebabs, 25mm cube	4-6	turkey breast, thin sliced	3-4
prawn	1-2	**VEGETABLES**	
red snapper fillet	3-5	asparagus	3-4
salmon fillet	3-4	carrots, sliced	5-7
salmon steak, 12-25mm	6-8	aubergine, slice/cube	8-9
scallops	4-6	onions, thin slice	5-6
sea bass fillet	3-5	peppers, thin slice	6-8
swordfish steak, 12-25mm	6-9	peppers, grill then skin	2-3
tuna steak, 12-25mm	6-8	whole peppers brushed with oil	8
PORK		potatoes, slice/cube	7-9
chops, 12mm	5-6	squash, slice/cube	6-8
gammon steak	5-6	**FRUIT**	
kebabs, 25mm cube	7-8	apple, halve/slice	6-8
minced	7-8	bananas, slice lengthwise	3-4
sausages (thin)	5-6	nectarines, halve/slice	3-5
sausages (thick)	7-8	peaches, halve/slice	3-5
tenderloin, 12mm	4-6	pineapple, slice	3-7

RECIPES USING THE RIBBED PLATES

- Fit the upper and lower ribbed plates and tilt the grill.
- Preheat the grill, then cook at 205ºC or above (unless the recipe says otherwise).
- When a range of times is shown (e.g. 5-7 minutes), we suggest you cook for the minimum time then start checking the food for readiness.

GOUJONS OF FISH WITH CARROT STICKS AND SWEET POTATO WEDGES serves 2

- 1 large tuna, cod or salmon steak
- 1 medium carrot
- 1 small sweet potato
- 25g wholemeal flour
- 1 egg white
- breadcrumbs (1 slice of wholemeal bread)
- 1 tsp white pepper
- ½ tsp medium curry powder (optional)
- 1 tsp clear honey
- 1 tsp olive oil
- 1 tsp paprika

Put the olive oil in a bowl. Cut the sweet potato into thin wedges then toss them in the olive oil. Put them on a plate. Stir the paprika and honey into the bowl. Cut the carrot into sticks about the same width as the thick ends of the potato wedges, and toss them in the bowl to coat them. Put the wedges and sticks on the grill, and cook for 4 minutes.
Mix the flour, curry powder and pepper on a plate. Put the egg white on another plate, and mix with a fork. Put the breadcrumbs on a third plate.
Cut the fish into goujons (fingers). Dip them into the seasoned flour, then into the egg white, then the breadcrumbs. When the wedges and sticks have cooked for 4 minutes, add the goujons to the grill, and cook for another 3-4 minutes, or till the breadcrumbs turn golden.

SAUSAGE AND HERB STUFFED PORK serves 4

- 250g/½lb low-fat sausage, uncooked
- ½ cup fresh breadcrumbs
- 2 tbsp fresh parsley
- ½ tsp thyme
- ½ tsp marjoram
- 1 tsp fresh ground black pepper
- 2 whole pork tenderloins (fillets)
- 8 cocktail sticks, soak in water, pat dry

Remove the sausage skins. Mix the sausagemeat, marjoram, thyme, parsley, and pepper in a bowl. Cut each tenderloin in two, then cut a slit sideways into each piece to make a pocket. Stuff the pockets with the mixture, and fasten the edges with cocktail sticks. Grill till the pork and stuffing are cooked through (6-8 minutes).

CHICKEN TANDOORI WITH YOGURT MARINADE serves 4

- 2 boneless, skinless chicken breasts
- 200-250g carton plain low-fat yogurt
- 1 tbsp lemon juice
- 2 tsp paprika
- 2 garlic cloves, minced
- ½ tsp ground ginger
- ½ tsp cumin
- ½ tsp cayenne pepper
- ½ tsp cinnamon

Use a lidded casserole dish big enough to hold everything. Mix the yogurt, lemon juice, paprika, garlic, ginger, cumin, cayenne and cinnamon in the dish. Cut each chicken breast into two, add them to the dish, and turn till they're well coated. Cover and refrigerate for 1-8 hours, turning at least every hour. Grill the chicken till it's cooked through (5-7 minutes). Discard the marinade.

WHOLEGRAIN PANINI WITH FETA, RED ONIONS AND RED PEPPER serves 1

- 2 thick slices wholegrain or wholewheat bread
- 50g reduced fat feta cheese
- ½ red onion, cut into thin strips
- ½ red pepper, cut into strips
- 2 tbsp balsamic vinegar
- ½ tsp fresh ground black pepper

Mix the onion, red pepper, balsamic vinegar and black pepper in a bowl. Spoon the mixture on to the grill, cook till softened (1-2 minutes), and lay it on a slice of bread.
Tear the feta, sprinkle over the mixture, and top with the other slice of bread. Clean the grill, then grill the panini for 2-3 minutes. Serve with a watercress and tomato salad.

HERBED CHICKEN AND MUSHROOM KEBABS serves 4

- 2 boneless, skinless chicken breasts
- 500g fresh whole mushrooms
- 1 tsp dried rosemary
- 1 tbsp dried parsley
- ½ tsp dried thyme
- ¼ cup lemon juice
- 2 tbsp white vinegar
- ½ cup nonfat chicken broth
- 1 tsp black pepper
- 8 wooden skewers, soak in water, pat dry

Use a lidded casserole dish big enough to hold the chicken, mushrooms and marinade. Mix the rosemary, parsley, thyme, juice, vinegar, broth, salt and pepper in the dish. Cut the chicken into 25mm/1" cubes, add to the dish, and turn till they're well coated. Add the mushrooms, and turn gently. Cover and refrigerate for 4-12 hours, turning occasionally. Thread the chicken and mushrooms on the skewers, and grill till cooked through (5-7 minutes). Discard the marinade.

CREAMY CHEESY CHICKEN PARCELS WITH HIDDEN GREEN STUFF serves 2

- 1 lean skinless chicken breast
- 2 flour tortilla wraps
- 75-100g reduced fat cream cheese
- 100g fresh baby spinach leaves
- 1 tsp mustard powder
- 1 tsp grated nutmeg
- 1 tsp pepper

Grill the chicken till it's cooked through (6-8 minutes).
Remove it from the grill, let it cool, and cut it into strips.
Wash and dry the spinach, wilt the leaves on the grill for 20-30 seconds, remove, and dry with kitchen paper.
Mix the cream cheese and spinach in a bowl, then fold in the chicken strips.
Spoon the mixture into the centre of the tortilla wraps, fold one end of each wrap over, roll the wraps up, and warm the filled wraps on the grill for 2-3 minutes.

MEDITERRANEAN BEEF AND VEGETABLE GRILL serves 4

- 500g hindquarter flank steak
- 1 small courgette, cut into 8 pieces
- 1 small tomato, cut into 8 pieces
- 1 small onion, cut into 8 pieces
- 1 green pepper, cut into 8 pieces
- 1 tbsp balsamic vinegar
- 1 tsp fresh ground black pepper
- 1 tsp garlic granules
- 8 wooden skewers, soak in water, pat dry

Mix the vinegar, pepper and garlic granules in a bowl. Freeze the steak for 30 minutes, then cut it into thin strips, across the grain. Discard any fat. Thread the steak on 4 skewers, and the tomato and vegetables on the other 4. Grill the steak skewers for 4 minutes, then add the vegetable skewers to the grill. Sprinkle the skewers with the vinegar, pepper and garlic mixture, and grill for 3-4 minutes more.

QUICK AND EASY GRILLED BANANAS serves 2

- 2 bananas, peeled
- 2 tbsp walnuts, finely chopped
- 2 tbsp sugar
- ½ tsp cinnamon

Mix the walnuts, sugar and cinnamon in a bowl. Split the bananas lengthwise, then across their width. Lay the bananas on the grill, flat sides uppermost, and spoon the mixture on top of them. Grill till the bananas are warm and the cinnamon and walnuts are slightly glazed (3-4 minutes).

WARM ASIAN-STYLE NOODLE AND TOFU SALAD serves 2

- 60g buckwheat or soba noodles
- 250g pre-cooked tofu, drain and cube
- 1 carrot, peeled and grated into strips
- 1 head pak choi, shredded
- ½ courgette, cut into long strips
- ½ red onion, cut into strips
- small handful fresh coriander leaves, torn

Marinade

- 1 garlic clove, crushed
- 1 red chilli, de-seeded, finely chopped
- 2 tbsp reduced sodium soy sauce
- 1 tsp sweet chilli dipping sauce
- 1 tsp sesame oil
- juice of ½ lime

Remove the sausage skins. Mix the sausagemeat, marjoram, thyme, parsley, and pepper in a bowl. Cut each tenderloin in two, then cut a slit sideways into each piece to make a pocket. Stuff the pockets with the mixture, and fasten the edges with cocktail sticks. Grill till the pork and stuffing are cooked through (6-8 minutes).

SMOKED MACKEREL PANINI WITH TOMATOES AND CRÈME FRAICHE serves 1

- 2 small cooked smoked mackerel fillets
- 2 thick slices wholegrain/wholewheat
- 4 cherry tomatoes, halved
- 1 large handful watercress

Dressing

- 2 tbsp reduced fat crème fraiche
- ½ tsp lemon zest, grated
- squeeze lemon juice
- 1 tsp black pepper

Mix the dressing ingredients and refrigerate.
Flake the mackerel on a slice of bread, top with tomatoes and watercress, then the other slice, cook for 2-3 minutes, add the dressing, and serve.

THE ORIGINAL BURGER serves 4

- 500g lean minced beef
- 1 tbsp Worcestershire sauce
- 1 tsp black pepper
- 1 red onion
- 4 wholegrain burger buns
- tomato, lettuce, dill pickles, etc. to garnish

Combine the mince, Worcestershire sauce and pepper, and shape into 4 burgers.
Slice the onion into 12mm/½" thick slices.
Grill the burgers for 4 minutes, top each with an onion slice, then grill for 3-4 minutes more.
Serve the burgers on the buns with your choice of garnish (tomato, lettuce, dill pickles, etc.).

HEALTHY PIZZA PITTA POCKETS serves 2

- 2 slices lean ham or turkey (cooked)
- 50g reduced fat mozzarella
- 2 wholemeal pitta breads
- 2 tomatoes, thinly sliced
- 2 mushrooms, thinly sliced
- ¼ small onion, thinly sliced
- 1 tbsp sweetcorn
- ¼ green pepper, diced
- 1 tbsp tomato purée
- 1 tsp olive oil
- 1 tsp dried mixed herbs

Slit open each pitta bread to form pockets, and spread the tomato purée inside each pocket. Cut the ham/turkey into strips, turn them in a bowl with the other ingredients, rest for half an hour to rehydrate the herbs, then fill the pitta pockets and grill for 3-5 minutes.

SANTA FÉ VEGGIE-BURGER serves 4

- 1 cup steamed white rice
- ½ cup of canned corn kernels
- 1 green pepper, seeded
- 1 large white onion
- 1 tsp fresh ground black pepper
- 1 tsp lemon juice
- 1 tsp chilli powder
- 4 wholegrain hamburger buns
- non-fat cooking spray

Use a blender or food processor to process the rice, corn, green pepper, onion, pepper, juice and chilli powder to a coarse, mealy texture. Shape the mixture into 4 burgers and refrigerate for 2 hours. Spray the grill lightly with non-fat cooking spray, grill the burgers till well browned (6-7 minutes), then serve in the buns.

CHICKEN FILLETS WITH A THAI CURRY SAUCE serves 4

- 4 large chicken fillets, trim fat and skin
- 375g Thai curry sauce
- ½ cup coconut milk
- 2 spring onions, finely chopped
- ½ handful torn coriander leaves
- steamed jasmine rice or noodles
- grated lemon or lime zest
- ½ handful torn coriander leaves

Flatten the chicken fillets to an even thickness. Preheat the grill. Lightly spray the grill plates with cooking oil. Grill the chicken fillets till cooked (5-7 minutes). Meantime, heat the sauce in a pan, stir in the coconut milk, spring onions and coriander leaves. Stir till cooked (don't let it boil). Put a portion of sauce on a plate, lay a chicken fillet on the sauce, then put a little more sauce on top. Mix the zest with the rice/noodles and torn coriander leaves, and serve with crisp green vegetables.

FILLET STEAK WITH TOMATO CONCASSE serves 6

- 6 fillet steaks
- 1 clove garlic

Tomato concasse

- 2 large onions, finely chopped
- 2 tbsp olive oil
- 450g tin of tomatoes, drained and chopped
- 1 bay leaf
- ¼ tsp thyme
- grated zest of ½ orange
- pinch of saffron (optional)
- 1 large clove garlic, crushed
- salt and pepper

Sauté the onions in a pan till they're just translucent. Add the tomatoes, then the other concasse ingredients, and simmer, stirring occasionally, till the concasse is thick and rich. Preheat the grill. Trim the fillets, then flatten gently. Cut the garlic clove in half, and rub the cut side over the surfaces of the fillets. Lay the fillets on the grill, and cook for 2-5 minutes, depending on how rare you want them. Remember – it's fillet steak – it doesn't take a lot of cooking! Put a portion of concasse on a plate, lay a steak on top, then pour a little more concasse over it. Serve with creamy mashed potatoes, boiled baby new potatoes in butter, carrot sticks and a green vegetable.

CHICKEN FILLETS WITH A THAI CURRY SAUCE serves 3-4

- 3-4 tortilla wraps
- 500g skinless chicken breast fillets
- shredded lettuce
- tomato slices
- avocado slices
- spring onions, shredded lengthwise
- little salt and pepper
- fresh coriander leaves

Marinade

- 4 tbsp olive oil
- juice of 1 lime or lemon
- 2 tbsp hot chilli sauce
- ¾ tsp ground cumin
- 1 clove garlic, crushed

Trim any fat from the fillets, then cut each fillet in half lengthways. Mix the marinade, add the fillets, turning to coat them, cover, and chill for at least an hour, turning every half hour or so. Preheat the grill, lay the chicken fillets on the grill plate, and grill till cooked (8-10 minutes). Remove the chicken, cover, and rest for 10 minutes.

Meantime, wipe the grill plates, warm the tortillas, remove from the heat, and turn the grill off. Pile lettuce, tomato, avocado, and spring onions on each tortilla, sprinkle with salt and pepper, lay a chicken fillet on top, fold the bottom of the tortilla up, over the chicken, then fold in the sides of the tortilla, to form an envelope, and serve.

VANILLA FRUIT KEBABS WITH A QUICK CREAMY DIP serves 4

- ½ fresh pineapple or a tin of pineapple chunks
- 1 small orange
- 2 bananas
- 2 peaches or nectarines
- 1 tsp brown sugar
- 4 tbsp orange juice
- 2 small tubs fruit fromage frais
- 1 tsp vanilla extract
- 8 wooden skewers, soak in water, pat dry

Cut the fruit into chunks and marinade for 10 minutes in the orange juice, brown sugar, and half the vanilla extract.
Thread the marinaded fruit chunks on the skewers, and grill for 4-6 minutes.
Mix the fromage frais with the other half of the vanilla extract as a dip for the kebabs.

GRILLED STRAWBERRY MAPLE SHORTCAKE serves 4

- 1 low-fat shortcake, cut into 8 slices
- ¼ cup maple syrup
- 2 cups fresh strawberries, sliced
- 1 cup non-fat whipped cream topping

Lay the shortcake pieces on the grill, brush with maple syrup, and grill for 3-5 minutes.
Remove, top with strawberry slices and whipped cream topping.

ASIAN CHICKEN BURGER serves 4

- 450g lean minced chicken
- 1 clove garlic, finely chopped
- 2 spring onions, finely chopped
- 1 tbsp lemon juice
- 2 tbsp soy sauce
- ½ tsp ground ginger
- 1 egg white

Combine everything, shape into 4 burgers, and refrigerate for 2 hours. Grill the burgers for 5 minutes, then check for readiness.

TEX-MEX BURGER serves 4

- 450g lean minced beef
- 2 tbsp barbecue sauce
- 1 strong onion, finely chopped
- 1 tbsp fresh salsa
- 1 tsp chilli powder

Combine everything, shape into 4 burgers, grill for 4 minutes, then check for readiness.

CHEESE AND HORSERADISH BURGER serves 4

- 450g lean minced beef
- 125g low fat Cheddar cheese, grated
- 2 tbsp creamed horseradish sauce
- ½ tsp garlic powder
- ½ tsp black pepper

Combine everything, shape into 4 burgers, grill for 4 minutes, then check for readiness.

RANCHERO BURGERS serves 4

- 375g lean minced beef
- 125g tin kidney beans, drain and mash
- 2 cloves garlic, finely chopped
- 4 tbsp barbecue sauce
- ½ tsp black pepper
- ½ tsp sea salt

Combine everything, shape into 4 burgers, grill for 4 minutes, then check for readiness.

PINEAPPLE TERIYAKI BURGER serves 4

- 450g lean minced chicken
- 1 egg white
- 4 tbsp bottled teriyaki sauce
- 1 strong onion, finely chopped
- 1 tsp yellow mustard
- ½ tsp black pepper
- 4 slices fresh pineapple

Refrigerate the pineapple slices. Combine the other ingredients, and shape into 4 burgers. Grill the burgers for 4 minutes, then check for readiness. Put a slice of pineapple on each burger.

CHEESY BEEF BURGER serves 4

- 450g lean minced beef
- 250g low fat Cheddar cheese, grated
- 1 spring onion, chopped
- 1 tbsp Worcestershire sauce
- ½ tsp garlic powder
- ½ tsp black pepper
- 1 tsp sea salt

Combine everything, shape into 4 burgers, grill for 4 minutes, then check for readiness.

RANCH STYLE CHICKEN BURGER serves 4

- 450g lean minced chicken
- 2 tbsp canned green chillies, chopped
- 1 tbsp coriander leaves, finely chopped
- 2 tbsp mayonnaise
- ½ tsp Tabasco sauce
- ½ tsp black pepper
- ¼ tsp garlic powder

Combine everything, shape into 4 burgers, grill for 5 minutes, then check for readiness.

SWISS TURKEY BURGER serves 4

- 450g lean minced turkey
- 200g low fat Swiss cheese, grated
- 1 egg white
- 1 tbsp Dijon mustard
- ¼ cup fresh breadcrumbs
- 1 tsp black pepper
- 1 tsp sea salt

Combine everything, shape into 4 burgers, grill for 7 minutes, then check for readiness.

LAMB BURGER serves 4

- 450g lean minced lamb
- ½ tsp black pepper
- ½ tsp dried rosemary, ground
  ½ tsp sea salt
- 1 red onion, thinly sliced
- 2 tomatoes, thinly sliced
- ¼ cucumber, thinly sliced
- 4 soft pitta breads

Combine the lamb, rosemary, pepper, and salt, and shape into 4 burgers. Grill the burgers for 6 minutes, then check for readiness. Warm the pitta breads, and open them to form pockets. Fill each pitta pocket with a burger, and a selection of onion, tomato, and cucumber slices.

PORTABELLA MUSHROOM BURGER serves 4

- 4 large portabella mushrooms
- 2 cloves garlic, finely chopped
- 2 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp dried Italian seasoning
- 1 tsp black pepper

Remove the stems from the mushrooms. Lay the mushrooms, underside up, on a hot grill. Drizzle the oil and vinegar over the mushrooms, then sprinkle with the garlic, italian seasoning, and pepper. Close the grill, and grill for 5 minutes.

DIJON PORK BURGERS serves 4

- 450g lean minced pork
- 1 strong onion, chopped
- 2 tbsp Dijon mustard
- 2 tbsp mayonnaise
- 1 tsp black pepper
- ½ tsp sea salt

Combine everything, shape into 4 burgers, grill for 7 minutes, then check for readiness.

COWBOY BURGER serves 4

- 450g lean minced beef
- 1 clove garlic, finely chopped
- 1 strong onion, finely chopped
- 2 tbsp Worcestershire sauce
- 1 tbsp brown sugar
- 4 tbsp tomato ketchup
- 1 tbsp yellow mustard

Simmer the tomato ketchup, mustard, sugar, Worcestershire sauce, onion and garlic in a pan for 10 minutes, then let the sauce go cold. Mix the beef with the cold sauce. Shape the mixture into 4 burgers and refrigerate for 2 hours. Grill the burgers for 5 minutes, then check for readiness.

GEORGE FOREMAN'S POWERBURGER serves 4

- 375g lean minced beef
- 4 tbsp seasoned breadcrumbs
- 4 tbsp chopped vegetables – onions, spring onions, courgettes, parsley (these can be sautéed)

Combine the vegetables and breadcrumbs in a bowl. Add the minced beef and mix well. Shape the mixture into 4 10cm 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. This recipe is from The healthy Gourmet (Clarkson Potter) by Cherie Calbom.

RECIPES USING THE DEEP BAKE PAN

- Fit the upper ribbed plate and the deep bake pan and level the grill.
- Preheat the grill, then cook at 205ºC or above (unless the recipe says otherwise).

PIZZA DOUGH (2-3 pizzas)

- 500g strong white flour (or 400g strong flour and 100g fine semolina)
- 250ml lukewarm water
- 1½ tsp dried yeast
- 1½ tbsp olive oil
- 1½ tsp sugar
- 1½ tsp salt

Sift the flour into a bowl and add the yeast, sugar and salt. Add the water and oil and mix till the dough is fully incorporated and smooth in texture. Cover the bowl with a damp tea towel or cling film and let it rest in a warm place for about half an hour.
Remove the dough and knead by hand for a few minutes.
Cut the dough in half, roll one of the halves out on a floured surface, and cut to fit the flat plate (280 x 160mm). Lay the pizza base on the flat plate, close the lid, and cook for 5 minutes, to firm the base. Open the lid, and spread the pizza base thinly with a tomato based sauce, then top with your favourite toppings (ham, cheese, sweetcorn, peppers, mushrooms, onions, pepperoni etc.) – don't overload the pizza with toppings, you'll make it soggy. Close the lid, and cook for a further 12-15 minutes, till the edges of the crust are golden brown. Check that all parts of the topping are cooked through and fit to eat. You may have enough dough left over for a third pizza, depending on how thinly you roll the dough.

SMOKED HADDOCK FISHCAKES 6 cakes/serves 2

- 200g smoked haddock fillet
- 220g potatoes, peeled and quartered
- 4 spring onions, finely chopped
- 1 handful fresh parsley, chopped
- 1 medium egg
- 1 tsp Dijon mustard
- 1 tbsp milk
- 1 tbsp vegetable oil
- pinch pepper and nutmeg

Boil the potatoes in lightly salted water till soft, drain, and mash. Poach the fish in a pan. When the flesh becomes opaque, flake the fish, and discard the skin. Mix the fish, spring onions, Dijon mustard, fresh parsley, milk, egg, pepper and nutmeg with the mashed potatoes.
Brush the top plate lightly with oil, then pour the rest of the oil into the flat plate.
Divide the mixture into 6 portions, roll each into a ball, then flatten into cakes. Lay the cakes on the flat plate with a plastic spatula. Close the lid, and cook for 4 minutes. Open the lid, turn the fishcakes with a plastic spatula, close the lid, and cook for a further 4 minutes.

FRENCH TOAST (EGGY BREAD) 2 slices

- 2 medium eggs
- 2 slices bread
- 60ml milk
- 1 tbsp vegetable oil
- pinch salt and pepper

Beat the eggs in a bowl, then beat in the milk, salt and pepper. Coat both sides of each slice of bread with the mixture. Brush the top plate lightly with oil, then pour the rest of the oil into the flat plate. Lay both slices of bread on the flat plate, close the lid, and cook for 4 minutes. Open the lid, turn the bread with a plastic spatula, close the lid, and cook for a further 4 minutes.

PANCAKES 2-3 pancakes

- 1 medium egg
- 40g plain flour
- 200ml milk
- 3 knobs butter
- pinch salt

Put the flour in a bowl and make a well in the centre. Put the egg, milk and salt into the well and slowly combine with the flour. When combined, beat with a wooden spoon till it's free of lumps. Put a knob of butter in the flat plate and let it melt. Pour in enough batter to cover the bottom, close the lid, and cook for 3 minutes. Open the lid, turn the pancake with a plastic spatula, close the lid, and cook for a further 3 minutes.

YORKSHIRE PUDDING serves 2-4

- 1 medium egg
- 75g plain flour
- 75ml milk
- 3 knobs dripping or lard
- 55ml water
- pinch salt and pepper

Put the flour in a bowl and make a well in the centre. Put the egg, milk, water, salt and pepper into the well and slowly combine with the flour. When combined, beat with a wooden spoon till it's free of lumps. Put a knob of dripping or lard in the flat plate and let it melt. Pour in the batter, close the lid and cook for 10 minutes.

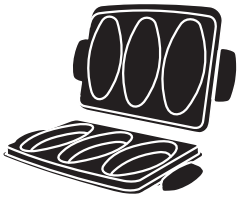
CHICKEN IN CREAM AND WHITE WINE SAUCE serves 2

- 2 chicken breasts (diced)
- 1 tbsp olive oil
- 1 small onion, chopped
- 1 garlic clove, chopped
- 3 mushrooms, sliced
- 100ml cream
- 30ml white wine
- Salt and pepper for seasoning

Set temperature to 205ºC and cook the chicken and chopped onions for 2 to 3 minutes in the oil. Add the chopped garlic, mushrooms, cream, wine and season. Close cover and cook at 175ºC for 10 - 15 minutes (or until chicken is thoroughly cooked) stirring occasionally.

RECIPES USING THE OMELETTE PLATES

- Fit the omelette plates and level the grill.
- Preheat the grill, then cook at 175ºC or above (unless the recipe says otherwise).



PLAIN OMELETTE serves 3

- 4 large eggs
- 3 knobs butter
- 50ml milk
- Pinch of salt and pepper

Beat the eggs, then mix in the milk and seasoning. Put a knob of butter in each omelette plate and let it melt. Pour in the egg mixture, close the lid and cook for 5-7 minutes.

CHEESE AND HAM OMELETTE serves 3

- 3 large eggs
- 70g ham, roughly chopped
- 50g grated cheddar cheese
- 3 knobs butter
- 50ml milk
- Pinch of salt and pepper

Beat the eggs, then mix in the milk, ham, cheese and seasoning. Put a knob of butter in each omelette plate and let it melt. Pour in the egg mixture, close the lid and cook for 5-7 minutes.

GREEK STYLE OMELETTE serves 3

- 3 large eggs
- 1 medium tomato, diced
- 50g feta cheese, diced
- 3 tsp of olive oil
- 50ml milk
- Pinch dried oregano
- Pinch of salt and pepper

Add the oil followed by the tomatoes and cheese to the omelette plates and allow to cook for 1 minute. Beat the eggs with the rest of the seasoning and milk and pour in to the omelette plates. Close lid and allow to cook for a further 5 - 7 minutes or until cooked.

TOMATO AND BASIL OMELETTE serves 3

- 3 large eggs
- 50ml milk
- 1 medium tomato, diced
- 3 sprigs of fresh basil, chopped
- 3 tsp of olive oil
- Pinch of salt and pepper

Add the oil followed by the tomatoes and basil to the omelette plates and allow to cook for 1 minute. Beat the eggs with the rest of the seasoning and milk and pour in to the omelette plates. Close lid and allow to cook for a further 5 - 7 minutes or until cooked.

BACON AND BRIE OMELETTE serves 3

- 3 large eggs
- 50ml single cream
- 100g bacon, chopped
- 70g brie, diced
- Small bunch of chives, chopped
- 3 tsp of olive oil
- Pinch of salt and pepper

Add the oil followed by the bacon to the omelette plates and allow to cook for 2 minutes at 205ºC. Beat the eggs with the rest of the seasoning and cream and pour in to the omelette plates. Top with diced brie. Close lid, lower temperature to 175ºC and allow to cook for a further 5 - 7 minutes or until cooked.

MINI POTATO AND LEEK FRITTATA serves 3

- 1 medium potato, peeled and thinly sliced
- 1 tbsp. olive oil
- 1/2 leek thinly sliced
- 3 large eggs
- 50g of Gruyère cheese, grated
- Pinch of salt and pepper
- Handful chopped parsley

Add the oil followed by the potato and leeks to the omelette plates and allow to cook for 5 minutes at 205ºC, turning occasionally. Beat the eggs with the rest of the seasoning and pour in to the omelette plates. Top with cheese. Close lid, lower temperature to 175ºC and allow to cook for a further 5 - 7 minutes or until cooked.

BACON AND POTATO ROSTI serves 3

- 1 tbsp olive oil
- 200g smoked bacon, chopped
- 1 baking potato, peeled and grated

Add the oil followed by the bacon to the omelette plates and allow to cook for 5 minutes at 205ºC. Remove all moisture from the grated potato by either wringing it in a tea towel or pressing it in the bottom of a sieve. Add the potato to the cooked bacon and mix well to combine the ingredients. Press the mixture down with a spatula to ensure it keeps its shape. Close lid and cook for a further 7-9 minutes until brown and crispy.

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Spectrum Brands (UK) Ltd
Fir Street, Failsworth, Manchester M35 0HS

email: support@georgeforeman.co.uk

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