

# GEORGE FOREMAN®

## THE NEXT GRILLERATION™



LEAN  
MEAN  
FAT REDUCING  
GRILLING  
MACHINE

*George Foreman*



**model GRP99**  
**instructions and**  
**recipes**

  
*innovation for a healthier today and tomorrow*

# SAVE THESE INSTRUCTIONS

**WARNING:** A risk of fire and electrical shock exists in all electrical appliances and may cause personal injuries or death. Please read and follow ALL safety instructions and keep them safe. Pass them on if you pass the grill on. Remove all packaging, but keep it till you're satisfied the grill works.

## important safeguards

Follow basic safety precautions, including:

1. This appliance must only be used by or under the supervision of a responsible adult. It is not intended for use by children or infirmed persons. Young children should be supervised to ensure they do not play with it.
2. Don't put the appliance, it's cord or plug in liquid, don't use it in a bathroom, near water, outdoors, or in a damp area.
3. Don't use the grill unless the cooking plates are fitted.
4. Some parts won't get as hot as others, but they'll all get hot. Use oven gloves or a folded towel, not fingers.
5. Sit the appliance on a stable, level, heat resistant surface, near a power socket.
6. Bread, oil, and other foods may burn. Don't use the appliance near or below curtains or other combustible materials, and watch it while in use.
7. This appliance must not be operated by an external timer or remote control system, Do not use accessory attachments not recommended by Salton.
8. Route the cable so it doesn't overhang, and can't be tripped over or caught.
9. Don't wrap food in plastic film, polythene bags, or metal foil. You'll damage the grill and may cause a fire hazard. Don't leave food to cool on the grill - Remove food while hot.
10. Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.
11. Keep the appliance and the cable away from hotplates, hobs, burners, heated ovens and hot surfaces.
12. Unplug the appliance when not in use, before moving and before cleaning.
13. Don't use the appliance for any purpose other than cooking food.
14. Don't use the appliance if it's damaged, malfunctions, or has been dropped - Contact Salton Customer Service.
15. If the cable or plug is damaged, in order to avoid hazard, it must be replaced by Salton or their authorised agents. Contact Salton Customer Service - Details on the last page.
16. This appliance is not a toy.
17. Don't use metal or sharp objects on the grill. You'll damage it's non-stick cooking surface. Use wooden or plastic spatulas or tongs.
18. **CAUTION - 'hot surfaces'.** This appliance generates heat and escaping steam during use. Take proper precautions to prevent injury, burns or fire.



## household use only

### before using for the first time

Wipe the cooking plates with a damp cloth.

### preparation

1. Prepare any garnish (cucumber, tomato, etc.), and split your buns or rolls.
2. Cut the food to be grilled no more the 40mm (1½") thick.
3. Centre the drip tray under the front of the grill, so it catches any run-off.

4. Open the grill, wipe the cooking plates with a little cooking oil or butter, then close it. Don't use low fat spread - it may burn on the grill.

### **set the temperature**

- 5 Put the plug into the power socket (switch the socket on, if it's switchable).
- 6 The timer (--) and temperature (---) displays will show dashes.
- 7 Press  $\odot$ . The timer and temperature lights will come on.
- 8 The timer display will show 5, (minutes), and count down. After 1, it'll beep 4 times, change to "07", and the timer light will go out. Ignore the timer at this stage.
- 9 The temperature display will show 140 (that's 140°C), and it'll flash. When it stops flashing, the element has reached the temperature shown, and it'll beep 4 times.
- 10 Press + to increase, - to decrease the temperature displayed. The range is 140°C to 215°C, in 15 degree steps.

### **fill the grill**

- 11 When the temperature display stops flashing, use the oven glove to open the grill.
- 12 Lay the food on the bottom cooking plate with a spatula or tongs, not fingers.
- 13 Don't use anything metal or sharp, you'll damage the non-stick surfaces.
- 14 Close the grill. The hinge is articulated to cope with thick or oddly shaped foods.
- 15 The cooking plates should be roughly parallel, to avoid uneven cooking.

### **set the timer**

Use of the timer is optional. It doesn't switch the elements off, it simply beeps to let you know when the time you set expires.

- 16 Press + to increase, - to decrease the time displayed. Stop when it shows the time you want. The maximum is 20 minutes.
- 17 The timer light will come on.
- 18 The timer will count down, beep 4 times to let you know the food's ready, then the display will revert to "07", and the timer light will go out.
- † When the display shows "07", it means exactly that – if you leave food on the grill, it'll keep on cooking. Make sure you remove the food as soon as it's ready.

### **remove the food**

- 19 Check it's cooked. If you're in doubt, cook it a bit more.
- 20 Use the oven glove to open the grill.
- 21 Use wooden or plastic tools to remove the food.

### **finished?**

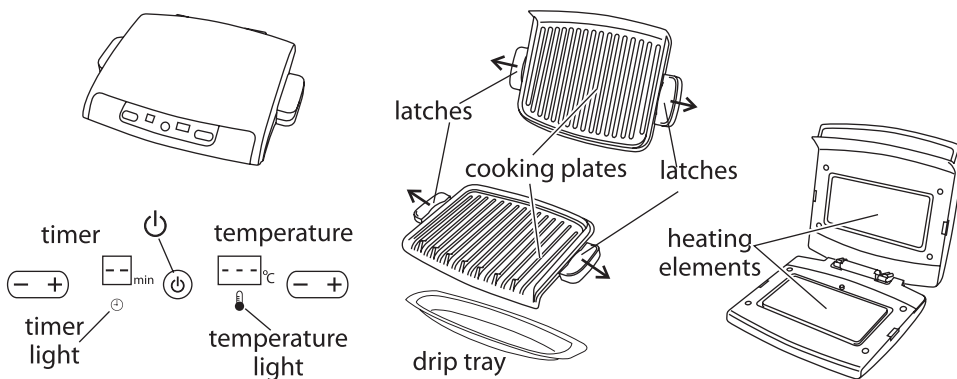
- 22 When you've finished, press  $\odot$ . The timer (--) and temperature (---) displays will show dashes. The timer and temperature lights will go out.
- 23 Unplug the grill (switch the socket off first, if it's switchable).

### **more?**

- 24 Put on the oven glove, empty the drip tray into a heatproof bowl, then give it a wipe with kitchen paper, and put it under the front of the grill.

### **auto shut-off**

- 25 After an hour, it'll switch the element off. The timer (--) and temperature (---) displays will show dashes. Press  $\odot$  if you want to use it again.
- 26 Take care, it'll take a while to cool down, so it may still be hot.



## care and maintenance

- 1 Unplug the grill and let it cool before cleaning and storing away.
  - 2 Open the grill.
  - 3 Remove one cooking plate at a time.
  - 4 Grip the latches, slide the upper surfaces (they're marked with arrows and the word "RELEASE") outwards, to unlock the cooking plate, and lift it off the grill.
  - 5 Now remove the other cooking plate the same way.
  - 6 After removing the cooking plates, you may wash them in warm soapy water, or in a dishwasher.
  - 7 Dry the cooking plates before replacing them on the grill.
  - 8 Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
  - 9 Wipe all the other surfaces of the grill with a clean damp cloth.
  - 10 Use a piece of paper towel moistened with a little cooking oil to remove stubborn stains.
  - 11 Replace one cooking plate at a time.
  - 12 Grip the latches, slide the upper surfaces outwards, replace the cooking plate on the grill, then release the latches, to lock the cooking plate in place.
  - 13 Now replace the other cooking plate the same way.
- Don't put the grill in water or any other liquid.  
 Don't use harsh or abrasive cleaning agents or solvents.  
 Don't use scourers, wire wool, or soap pads.

## cooking times & food safety

Use these times only as a guide. They're for fresh or fully defrosted food. For frozen foods, add 2–3 minutes for seafood, or 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.

| temperature = 185        |     | temperature = 185              |     |
|--------------------------|-----|--------------------------------|-----|
| <b>beef</b>              | min | <b>sandwiches</b>              | 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 | <b>snacks</b>                  |     |
| sausages (thin)          | 5-6 | calzone                        | 8-9 |
| sausages (thick)         | 7-8 | hot dogs                       | 2-3 |
| sirloin                  | 7-9 | quesadillas                    | 2-3 |
| T-Bone                   | 8-9 | tacos, meat filling            | 6-8 |
| <b>lamb</b>              |     | <b>chicken/turkey</b>          |     |
| kebabs, 25mm cube        | 7-8 | chicken breast pieces          | 5-7 |
| minced                   | 6-7 | burger, 50g, fresh/frozen      | 4/5 |
| loin chops               | 4-6 | burger, 100g, fresh/frozen     | 5/6 |
| <b>seafood</b>           |     | kebabs, 25mm cube              | 7-8 |
| halibut steak, 12-25mm   | 6-8 | thighs (chicken)               | 5-7 |
| kebabs, 25mm cube        | 4-6 | minced                         | 7-8 |
| prawn                    | 1-2 | turkey breast, thin sliced     | 3-4 |
| red snapper fillet       | 3-5 | <b>vegetables</b>              |     |
| salmon fillet            | 3-4 | asparagus                      | 3-4 |
| salmon steak, 12-25mm    | 6-8 | carrots, sliced                | 5-7 |
| scallops                 | 4-6 | aubergine, slice/cube          | 8-9 |
| sea bass fillet          | 3-5 | onions, thin slice             | 5-6 |
| swordfish steak, 12-25mm | 6-9 | peppers, thin slice            | 6-8 |
| tuna steak, 12-25mm      | 6-8 | peppers, grill then skin       | 2-3 |
| <b>pork</b>              |     | whole peppers brushed with oil | 8   |
| chops, 12mm              | 5-6 | potatoes, slice/cube           | 7-9 |
| gammon steak             | 5-6 | squash, slice/cube             | 6-8 |
| kebabs, 25mm cube        | 7-8 | <b>fruit</b>                   |     |
| minced                   | 7-8 | apple, halve/slice             | 6-8 |
| sausages (thin)          | 5-6 | bananas, slice lengthwise      | 3-4 |
| sausages (thick)         | 7-8 | nectarines, halve/slice        | 3-5 |
| tenderloin, 12mm         | 4-6 | peaches, halve/slice           | 3-5 |
|                          |     | pineapple, slice               | 3-7 |

## **George Foreman's PowerBurger\***

A flavourful hamburger that we think tastes even better than its all-meat cousin!

It pays to eat meals that minimise 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.

In this recipe, breadcrumbs and chopped vegetables have been added. You could also try cooked rice, other grains or cereal. In addition, choose wholewheat buns; they typically contain one gram less of fat than regular or even reduce-calorie buns.

If you settle for nothing less than a cheeseburger, Swiss cheese is generally lower in fat than Cheddar. Alternatively, use reduced fat cheese (with roughly half the fat content).

Mustard contains less than a tenth of the fat of mayonnaise.

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

375g lean minced beef

4 tbsp seasoned breadcrumbs

4 tbsp chopped vegetables – onions, spring onions, courgettes, parsley (these can be sautéed)

- In a medium-size mixing bowl, combine the vegetables and breadcrumbs. Add the minced beef and mix well.
- Shape the mixture into 10cm (4") wide patties.
- 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.

## **strip steak polynesian**

4 tbsp soy sauce

2 cloves garlic, crushed

2 tsp honey

4 pieces quick frying steak

- Combine the soy sauce, garlic and honey
- Marinate the steak in the mixture for about an hour in the fridge.
- Place the marinated steak on to the grill.
- Cook for 3 minutes, open the grill, and pour the rest of the marinade sauce over the steaks.
- Cook for 1 minute more, then serve on a bed of rice.
- Yield: Serves 4

## **the champ's sausage without guilt\***

Start your day with a sizzling sausage patty that doesn't just taste good — it's low in fat, low in cholesterol and high in niacin — a healthier option than bacon and eggs. This moist, flavourful sausage, served on wholemeal toast, makes the complete breakfast. Use minced turkey breast. It's lower in fat than turkey containing dark meat and skin. Turkey, especially the light meat, is a good source of niacin, an important B vitamin needed to maintain a healthy nervous system.

- 250g lean minced turkey breast
- 1 lightly beaten egg white
- 1 small finely chopped onion
- 1 red Delicious apple, chopped fine
- 4 tbsp seasoned breadcrumbs
- 2 tbsp fresh parsley, chopped fine
- ½ tsp sea salt
- ½ tsp dried sage
- ¼ tsp ground nutmeg
- ¼ tsp black pepper
- ⅛ tsp cayenne pepper

- In a medium size mixing bowl, combine the egg white, onion, apple, breadcrumbs, parsley, salt, sage, nutmeg, black pepper, and cayenne pepper. Add the turkey and mix well.
- Shape the mixture into eight or nine 5 cm (2") wide patties.
- 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.

## **grilled vegetables**

- 6 x 1cm slices aubergine
- 2 small onions, sliced 1cm thick
- 2 small tomatoes, diced
- 2 small courgettes, sliced
- 4 large peeled, sliced garlic cloves
- 4–6 mushrooms, sliced
- 1 tsp olive oil (optional)
- Wipe the olive oil on the plates.
- Add the sliced aubergine and garlic, cover and cook 3 minutes.
- Add the sliced onion, courgette and mushrooms, cover and cook 3–5 minutes.
- Remove the aubergine, courgette and mushroom slices to a plate.
- Add tomatoes to the onion and garlic. Cover and cook for one minute.
- Remove and serve over the aubergine, courgette, and mushrooms.
- Yield: Serves 2–4

Serve as an accompaniment to meat and pasta, or stuff them into a piece of pitta or French bread, for a grilled vegetable sandwich.

## **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 scrambled egg. Buy lean minced beef for the least-fat sausage.

- 1 lightly beaten egg white
- 1 small finely chopped onion
- 4 tbsp seasoned breadcrumbs
- 2 diced green chilli peppers
- 1 clove (large) garlic, crushed
- 2 tbsp fresh cilantro, chopped fine
- 1 tbsp cider vinegar
- 1½ tsp chilli powder
- ¼ tsp sea salt
- ⅛ tsp cayenne pepper
- 250g lean minced beef
- In a medium-size mixing bowl, combine the egg white, onion, breadcrumbs, chilli peppers, garlic, cilantro, vinegar, chilli powder, salt and cayenne pepper. Add the ground beef and mix well.
- Shape the mixture into eight 7.5cm (3") wide patties.
- 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.

## **sole with tomatoes**

- 2 tsp olive oil or red wine (optional)
- 2 small onion, diced
- 2 cloves garlic, crushed
- 2 small tomatoes, chopped
- 2 tbsp fresh chopped basil (d tsp dried)
- 1 tbsp fresh parsley, chopped
- 1 tbsp ground pepper
- 1 tbsp lemon juice
- 500g fillet of sole (or any white fish)
- Sauté the onion and garlic in the 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.
- Close the lid and cook for 2–3 minutes.
- Put the fish and vegetables on a plate, pour the drip tray juices over the fillet.
- Serve with fresh bread or rice.
- Yield: Serves 3–4

## **mustard lemon chicken breasts**

4 chicken breasts, boned, skinned, and halved (8 pieces)

2 tbsp mustard

2 tbsp balsamic vinegar

3 tbsp lemon juice

2 cloves garlic, minced

1 tsp paprika

- Combine the mustard, vinegar, lemon juice, garlic and paprika
- Add the chicken breast and let it marinate for at least 1/2 hour.
- Place marinated chicken on the grill and close the lid. Leave until fully cooked (about 10 minutes)
- Remove and serve
- Yield: Serves 4

## **rosemary lamb chops**

4 lamb chops, shoulder or loin

2 tsp fresh chopped rosemary (d tsp dried)

fresh ground black pepper

- Coat the chops with rosemary and pepper.
- Close the lid and cook for 5 minutes for medium (a hint of pink in the middle) or 7 minutes for well done.
- Serve immediately
- Yield: Serves 4

## **tacos**

900g minced beef/turkey

2 small onions, chopped

1 tsp oregano leaves & paprika

3 tsp chili power

2 cloves garlic, minced

6 tbsp taco sauce

4 tsp Worcestershire® sauce

10-12 crisp corn taco shells

½ tsp each dried rosemary, ground cumin, and pepper

- Cook the onion, mince, seasonings and garlic for 3 minutes or till the meat is cooked through and the onions are tender.
- Add taco sauce and Worcestershire sauce, and cook till hot.
- Fill the shells with meat and your choice of: torn lettuce, raw onion, diced tomatoes, grated cheese, guacamole, sour cream.
- Yield: Serves 6-8

## **burritos**

2 small onions, chopped  
4 cloves garlic, crushed  
500g minced beef/chicken  
1 can/jar red chilli sauce  
1 tsp ground cinnamon & cumin  
2 tsp salt

- Add the onions and garlic and sauté for 1 minute.
  - Add the mince/chicken and cook for 3 minutes or until cooked through.
  - Add the red chilli sauce and seasoning until mixed through and hot.
  - Remove from the grill.
  - Yield: Makes 8 burritos
- Roll into warmed flour tortillas and top with your choice of guacamole, sour cream, or grated cheese.

## **carne asada**

8 thin strips tenderloin steak (1cm thick)  
2 tbsp juice or 1 squeezed lime  
salt and pepper to taste

- Season the tenderloin, and cook for 3 minutes.
- Serve with warm flour tortillas and any of your favorite toppings.
- Yield: Serves 4

## Guarantee

This product is guaranteed for a period of 1 year from date of purchase, against defects in material and workmanship. It is particularly important that the purchaser carefully read the instructions provided in order to get maximum use from this product.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions and provided it is not connected to an unsuitable electricity supply or dismantled or interfered with in any way or damaged through dropping or misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective.

Nothing in this guarantee or the instructions relating to the product excludes, restricts or otherwise affects your statutory right.

In line with our policy of continuous product development we reserve the right to change the product, packaging and documentation specifications without notice.

This product conforms to Radio Frequency Interference requirements

230-240V 50Hz AC Only

## CUSTOMER SERVICE



### AUSTRALIA CUSTOMER SERVICE

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