

GEORGE FOREMAN®

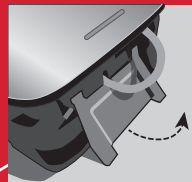
GRILL & BROIL



GETTING STARTED

MEET YOUR NEW **GEORGE FOREMAN®** GRILL & BROIL

Push button
plate release
(top & bottom)



Tilt Flap



On/off button

O = off
I = on

RED

BLUE

GREEN

POWER ON
(for contact grill mode)

BROIL POWER ON
(for broil mode)

PREHEATED
(for contact grill mode)

Removable plates
INCLUDED:



2

Waffle
Plates



2

Ceramic
Coated
Grill Plates



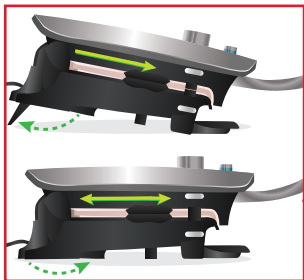
1

Ceramic
Coated
Griddle
Plate

GETTING STARTED:

Before first use, wash the drip tray and removable plates in warm, soapy water. See **USE AND CARE** manual for more information.

Let's Get Grilling



1 Attach both grill plates, insert drip tray under the front of the grill, and close the grill lid.

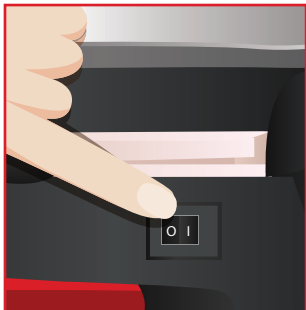
2 Set the tilt flap in the back (bottom) of the grill to the desired position for either sloped or horizontal grilling.

3 Plug in your grill and press the ON/OFF button on the back right leg of the grill to the ON position (I). The red power indicator light will illuminate.

4 Turn the large temperature control dial on the cover of the grill to the desired setting.

5 Once the green preheat indicator light illuminates, open the grill and place food to be cooked on lower grill plate.

6 Close the lid and allow food to cook for desired time.

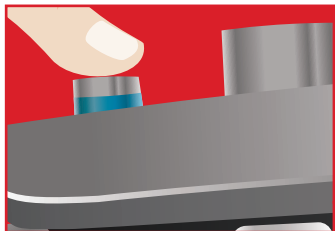


Broil it Up!



1 Lift the top cover of the grill and remove the upper grill plate using the push-button plate release on the side of the unit to expose the infrared broiling element.

2 Insert drip tray and gently close the grill cover until the hinge engages to float above the lower grill plate.



3 Set the tilt flap in the back (bottom) of the grill to the desired position for either sloped or horizontal broiling.



4 Plug in your grill and press the ON/OFF button on the back right leg of the grill to the ON position (I). The blue indicator light will illuminate for broil mode.

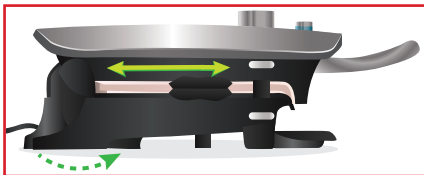
5 Select Hi Broil or Lo Broil by pressing the button to desired position.

6 Allow the lower grill plate to preheat for 5-8 minutes.

7 Open the grill and place food to be cooked on lower grill plate. Ensure that the food does not touch the upper heater cage or heating element.

8 Close the lid to the floating position and allow food to cook for desired time.

BROIL SETTING	POSITION	USAGE
Hi Broil		Used for high temperature broiling
Low Broil		Used for low temperature broiling, open faced dishes and top melts



Griddle Me This!

IMPORTANT: make sure the unit is in the horizontal position using the tilt flap in the back (bottom) of the grill.

It's Waffle Time!

IMPORTANT: make sure the unit is in the horizontal position using the tilt flap in the back (bottom) of the grill.

- 1 Attach both waffle plates and set the temperature to 400°F.
- 2 Plug in your grill and press the ON/OFF button on the back right leg of the grill to the ON position (I). The red power indicator light will illuminate.
- 3 Once the green preheat indicator light illuminates, pour in waffle batter. Close the lid.
- 4 Cook 7-9 minutes or until waffles are golden brown.

- 1 Attach griddle plate to bottom of grill.
- 2 Attach the upper grill plate to top of grill, or if desired, remove the upper grill plate to broil while using the griddle plate. If broiling, ensure that the food does not touch the upper heater cage or heating element.
- 3 Follow the rest of the standard grilling or broiling directions.



CONTACT GRILLING COOKING GUIDE

The following chart is meant to be used as a guideline only. To be sure your food is cooked, follow USDA recommendations.

FOOD	GRILL TEMP	COOK TIME	COMMENTS
Lean boneless steak (NY Strip, Top Sirloin, Tenderloin)	400°F	Med. Rare 6-8 min. Medium 8-10 min. Med. Well 10-12 min.	Based on a ¾ to 1-inch thick steak.
Hamburgers (5 oz.)	425°F	4-6 min.	Cooked to a min. 165°F
Boneless, skinless chicken breast (5 oz.)	400°F	10-12 min.	Cooked to 170°F
Boneless pork chops	400°F	5-6 min.	Cooked to a min. 150°F
Bacon (raw)	400°F	6-8 min.	Or to desired crispness
Fresh Tuna Steak	425°F	1-2 min.	Rare
Salmon Fillet (5 oz.)	425°F	5-7 min.	Cooked to a min. 145°F
Summer Squash (zucchini, yellow)	400°F	3-5 min.	Until hot and tender
Asparagus spears	425°F	3-5 min.	Until tender crisp
Fresh pineapple rings (3/8-inch thick)	425°F	4-5 min.	For extra caramelization sprinkle with sugar

BROILING COOKING GUIDE

FOOD	BROIL SETTING	COOK TIME	COMMENTS
Lean boneless steak (NY Strip, Top Sirloin, Tenderloin)	HIGH	Med. Rare 8-9 min. Medium 9-10 min. Med. Well 10-12 min.	Based on a ¾ to 1-inch thick steak.
Boneless, skinless chicken breast (5 oz.)	HIGH	8-10 min.	Cooked to min. 170°F
Bacon	HIGH	7-9 min.	Or to desired crispness
Salmon Fillet	HIGH	7-9 min.	Based on a 6-8 oz. fillet, cooked to 145°F
Shrimp (16-20 ct.)	HIGH	3-4 min.	Until pink (150°F)
Tomatoes (halves)	HIGH	3-4 min.	Sprinkle cut surfaces with salt, pepper, and grated Parmesan cheese
Grapefruit (halves)	HIGH	10-12 min.	Sprinkle cut surface with sugar
Open Face Sandwiches	HIGH/LOW	4-5 min. on HIGH to broil sandwich plus 2-3 min. on LOW for cheese melt	Build sandwich on cold grill then broil

GEORGE FOREMAN®



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