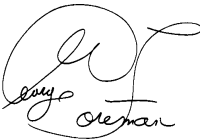


OWNER'S MANUAL

Model No. GRB72P

GEORGE FOREMAN®

LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE!



(G) + BROIL



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. Use oven mitts or pot holders.
3. To protect against electric shock, do not immerse cord, plugs, or appliance 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. Contact Consumer Service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
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. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids. Allow liquid to cool before removing and emptying drip tray.
12. To disconnect, grasp plug and remove from wall outlet.
13. Do not use appliance for other than intended use.

SAVE THESE INSTRUCTIONS

This Appliance is for Household Use Only

Additional Important Safeguards

CAUTION HOT SURFACES: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other injury to persons or damage to property.

CAUTION: This appliance is hot during operation and retains heat for some time after turning off. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning. Do not place anything on top of the appliance while it is operating or while it is hot.

1. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
3. If this appliance begins to malfunction during use, immediately unplug cord from outlet. Do not use or attempt to repair the malfunctioning appliance.
4. Do not leave this appliance unattended during use.
5. 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.
6. This appliance generates steam — do not operate in open position.
7. Using pot holder, hold the top cover (Lid) open while placing or removing food on the cooking surface to prevent accidental closing and injury.

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.

Do not use an extension cord with this product.

Electric Power

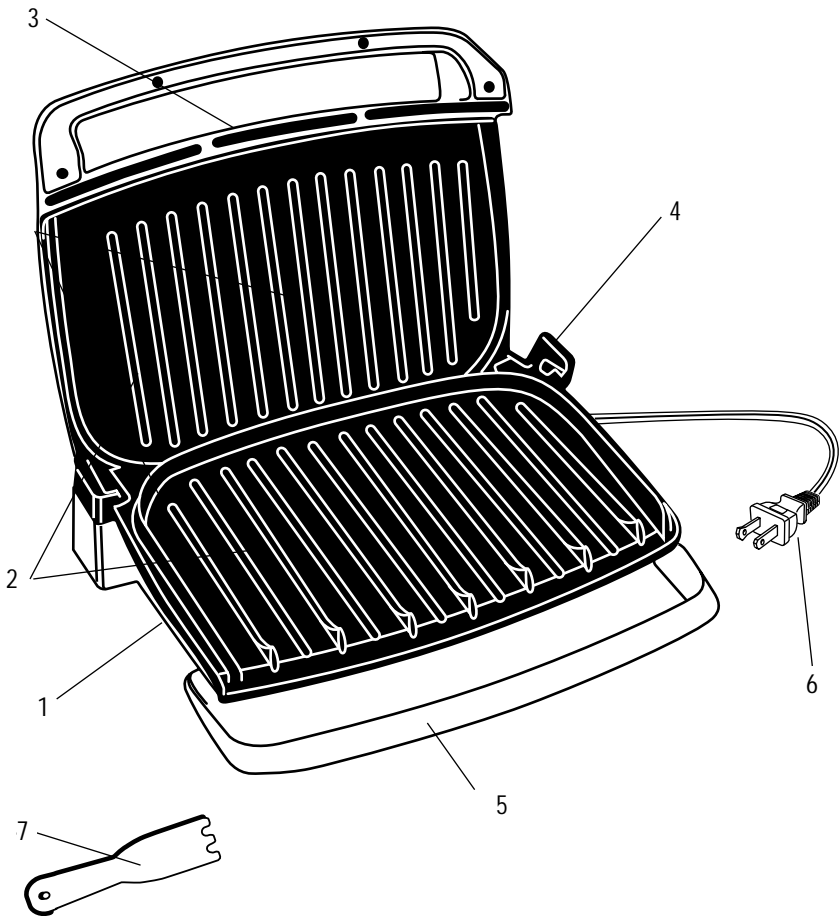
If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

Plasticizer Warning

CAUTION: To prevent Plasticizers from migrating 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.

Getting To Know Your GRB72P (G) + Broil Grilling Machine



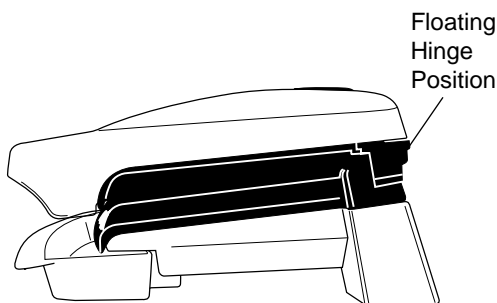
1. Grilling Machine Body
2. Grilling Machine Grilling Plates
3. Power Light
4. (G) + Broil Floating Hinge/Locking Hinge
5. Drip Tray (P/N 22804)
6. Power Cord
7. Spatula (P/N 20147)

How To Use George Foreman's Lean Mean Fat Reducing Grilling Machine

The floating hinge position allows for grilling extra thick foods.

1. Before using the Grilling Machine for the first time, wipe the Grilling Plates with a damp cloth to remove all dust.
2. Slide the grease catching Drip Tray under the front of the unit.
3. To preheat: Close the Lid and plug cord into a 120V AC outlet. The Power Light will go on indicating that the elements are heating. Allow Grilling Machine to preheat for 5 minutes.
4. Use a pot holder to carefully open the Lid.
5. Carefully place the items to be cooked on the bottom cooking plate.

6. Close the Lid in the Floating Hinge Position so that the top grilling plate rests on top of the food, see illustration. Allow the food to cook for the desired time. (Consult the Cooking Chart at the back of this book for some suggestions.) The Power Light



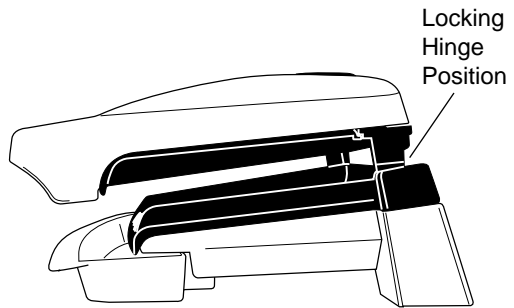
will go on when the Lid is closed to indicate that the elements are heating up to cook. *Do not leave appliance unattended during use!*

7. After the desired amount of time, the food should be done.
8. Disconnect the plug from the wall outlet.
CAUTION: To avoid any sparks at the outlet while disconnecting plug, make sure the "Power Light" is off (not illuminated) before disconnecting the plug from the outlet.
9. Use a pot holder to carefully open the Lid.
10. Remove the food using the Plastic Spatula provided. Be sure to always use either heat resistant 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.
11. When cool, the Drip Tray may be removed and emptied. Be sure the liquid is cooled before removing Drip Tray.

How To Use George Foreman's Lean Mean Fat Reducing (G) + Broiling Machine

The (G) + Broil locking hinge keeps the top cooking plate above the food on the bottom cooking plate.

1. Before using the (G) + Broiling Machine for the first time, wipe the Grilling Plates with a damp cloth to remove all dust.
2. To preheat: Close the Lid and plug cord into a 120V AC outlet. The Power Light will go on indicating that the elements are heating. Allow Grilling Machine to preheat for 5 minutes.
3. Use a pot holder to carefully open the Lid.
4. Slide the grease catching Drip Tray under the front of the unit.
5. Carefully center the items to be cooked directly on the bottom cooking plate, two to four servings of food usually. Do not overload the cooking plate and the food should not touch the top grilling plate once the Lid is closed.
6. Lift the Handle of the Lid straight up and forward into the (G) + Broil Locking Hinges. Lower the Lid into the (G) + Broiling position above the food, see illustration. Allow the food to cook for the desired time. (Consult the (G) + Broiling Cooking Chart at the back of this book for some suggestions.) The Power Light will cycle off and on during cooking to indicate that the elements are heating up to cook. *Do not leave appliance unattended during use!*
7. After the desired amount of time, the food should be done.
8. Disconnect the plug from the wall outlet.
CAUTION: To avoid any sparks at the outlet while disconnecting plug, make sure the "Power Light" is off (not illuminated) before disconnecting the plug from the outlet.
9. Use a pot holder to carefully open the Lid.
10. Remove the food using the Plastic Spatula provided. Be sure to always use either heat resistant 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.
11. When cool, the Drip Tray may be removed and emptied. Be sure the liquid is cooled before removing Drip Tray.



(G) + Broil Hints:

- To prevent heat loss, avoid opening the Lid excessively.
- Select foods that will not touch the top grilling plate.
- Do not over fill the grill with food; it will hold two to four servings.
- Check the food a few minutes before the end of the cooking time for doneness. Then continue cooking if necessary.

Floating Hinge Grilling Chart

Fish, Meat and Poultry

The following times are meant to be used as guidelines only. The times reflect a full grill of food. Place the fish skin side down if possible. Times will vary due to the cut and thickness of the meat being cooked. To be sure that the food is done, use a cooking thermometer. If the food does need more time to cook, check periodically so you do not over cook. For best results when using your Grilling Machine, only cook food to the time/temperature recommended in the charts.

Food	Med/Rare (145°F)*	Med/Med Well (160°F)*	Well (170°F)*
Bratwurst, 5 total	N/R	16-18 min.	18-20 min.
Chicken Breast (boneless/skinless) 1 1/2" thick, 6-8 oz each	N/R	N/R	8-11 min.
Chicken Breast (Frozen boneless/skinless) 1 1/2" thick, 5-7 oz each	N/R	N/R	10-12 min.
Filet Mignon, 1 1/2" thick 5 oz each	9-11 min.	11-13 min.	N/R
Fajita Beef (1/2" thick slices)	1 1/2-2 min.	2-2 1/2 min.	N/R
Fajita Chicken (1/2" thick slices)	N/R	N/R	2-3 min.
Ham Steak, 1/2" thick 4 oz each	N/R	2-3 min.	3-4 min.
Hamburgers, 3/4" thick 4 oz each	N/R	6-7 min.	7-8 min.
Hamburgers, 1" thick 8 oz each	N/R	9-10 min.	N/R
Hot Dogs (Jumbo) 1 lb. total	N/R	5-6 min.	6-7 min.
Kabobs Beef	7-8 min.	8-10 min.	N/R
Kabobs Chicken	N/R	N/R	7-10 min.
Marlin Steaks, 1" thick 8 oz each	5-6 min.	7-8 min.	N/R
NY/KC Strip, 1" thick 12 oz each	6-7 min.	7-8 min.	9-10 min.
NY/KC Strip, (frozen) 1" thick 12 oz each	12-13 min.	14-15 min.	16-17 min.

*Internal Food Temperatures

N/R - Not Recommended

Floating Hinge Grilling Chart (Cont.) Fish, Meat and Poultry

Food	Med/Rare (145°F)*	Med/Med Well (160°F)*	Well (170°F)*
Pork Top Loin, 1/2" thick 4 oz each	N/R	4-5 min.	6-7 min.
Pork Chop, 1 1/4" thick 7 oz each	N/R	9-11 min.	12-14 min.
Rib Eye Steak, 3/4" thick 6 oz each	5-6 min.	6-7 min.	7-8 min.
Rib Eye Steak (frozen), 3/4" thick 6 oz each	9-10 min.	11-12 min.	13-14 min.
Rib Eye Steak, 1 1/4" thick 14 oz each	12-14 min.	15-16 min.	17-18 min.
Rib Eye Steak (frozen), 1 1/4" thick 14 oz each	14-16 min.	16-19 min.	N/R
Salmon Filet, 1" thick 6 oz. each	8-10 min.	11-13 min.	N/R
Sausage Links	N/R	5-6 min.	6-7 min.
Sausage Patties, 1/2" thick	N/R	4-5 min.	6-7 min.
Sea Scallops, 10-20 count/pound		3-5 min.	N/R
Shrimp, deveined, 26-30 count/pound	N/R	3-4 min.	N/R
Shrimp, deveined, 16-20 count/pound	N/R	4-5 min.	N/R
Swordfish, 1" thick 11 oz. each	9-10 min.	11-12 min.	N/R
Tuna Steak, 3/4" thick 6 oz. each	3-5 min.	5-6 min.	N/R
Turkey Burger, 3/4" thick 4 oz. each	N/R	N/R	6-9 min.
Turkey Burger (frozen), 3/4" thick 4 oz. each	N/R	N/R	8-10 min.

PLEASE NOTE: The USDA recommends that meats such as beef and lamb, etc. should be cooked to an internal temperature of 145°F. Pork should be cooked to an internal temperature of 160°F and poultry products should be cooked to an internal temperature of 170°F - 180°F to be sure any harmful bacteria has been killed. When reheating meat/poultry products, they should also be cooked to an internal temperature of 165°F.

*Internal Food Temperatures

N/R - Not Recommended

Floating Hinge Grilling Chart (Cont.)

Fruits and Vegetables

The following times are meant to be used as guidelines only. Brush with olive oil or butter. The times reflect a full grill of food. The times may vary due to the cut or thickness of the food being cooked. If the food does need more time to cook, check periodically so you do not over cook.

Food	Grill Time
Asparagus Spears	4-8 min.
Bell Peppers (green, yellow, red) 1/2" slices	5-7 min.
Mushrooms, sliced	4-5 min.
Onion Slices, 1/2" slices	5-7 min.
Potato Wedges, 1/2" thick	20-25 min.
Portabella Mushrooms, whole, 2-3" in diameter	4-5 min.
Sandwiches (Cheese, Ham, Turkey, Roast Beef)	3-5 min.
Quesadillas, 6-8" flour tortilla folded in half	3-4 min.
Zucchini slices, 1/2" slices	5-7 min.

Locking Hinge (G) + Broiling Chart

The (G) + Broil locked hinge position is so versatile! You can melt cheese on top of your grilled hamburger in 30 seconds or on top of a deli sandwich in 2-3 minutes. Use the (G) + Broil feature to cook most frozen convenience foods such as mini pizzas, French bread pizza, fish sticks, chicken tenders, Hot Pockets®, Lean Pockets®, Poppers®, and French fries with oven like results. Food will cook in about the same time as indicated on the package directions for conventional ovens. The (G) + Broil will also cook delicate flaky fish in minutes. Place the fish skin side down if possible.

The following times are meant to be used as guidelines only. Times will vary due to amount and thickness of the food being cooked. Fill the grill with 2 to 4 servings of food. To be sure that the food is done, use a cooking thermometer. If the food does need more time to cook, check periodically so you do not over cook.

Food	Broil Time
Bagel Bites®, frozen	oven package time
Chicken Tenders, frozen	oven package time
French Fries, frozen	oven package time
Fish Sticks, frozen	oven package time
Hamburger, grilled then topped with cheese	30 seconds
Hot Pockets®	oven package time
Lean Pockets®	oven package time
Pineapple Slices with brown sugar, 1/2" thick	7 min.
Pizza, frozen mini or singles	oven package time
Pizza Rolls, frozen	oven package time
Poppers®, frozen	oven package time
Sandwich open faced topped with cheese	2-3 min.
Taquitos®	oven package time
Tostada, topped with shredded cheese	2 min.
Tuna Melt Sandwiches	2 min.
Tomato Slices with Parmesan cheese, 1" thick	4 min.
Fish	
Catfish Filets, 1/2" thick, 7 oz. each	7-9 min.
Cod Filet, 1" thick, 13 oz. each	8-10 min.
Halibut (frozen), 1" thick, 5 oz. each	13-16 min.
Maui Maui (frozen), 1" thick, 7 oz. each	20-25 min.
Rainbow Trout Filets, 3/4" thick, 6 oz. each	9-12 min.
Salmon Filets, 1 1/2" thick, 6 oz. each	16-20 min.
Tilapia Filets, 3/4" thick, 5 oz. each	7-9 min.

User Maintenance Instructions

CAUTION: To avoid accidental burns, allow your Grilling Machine to cool thoroughly before cleaning.

1. Before cleaning, unplug the appliance from the wall outlet and allow to cool.
2. *Inside cleaning:* Place the Drip Tray under the front of the Grilling Machine. Using the specially designed Spatula, scrape off any excess fat and food particles. Wipe the plates with absorbent paper towel or a sponge. Run off will drip into the Drip Tray.
3. *Stubborn build-up:* Use a non-metallic scrubbing pad to clean the plates.
4. Empty the Drip Tray and clean with warm soapy water. 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 cleansers on any part of the appliance.
7. DO NOT IMMERSE IN WATER OR OTHER LIQUID.
8. Any servicing requiring disassembly other than the above cleaning must be performed by a qualified electrician.
9. Make sure to hold the top cover (Lid) by hand while cleaning to prevent accidental closing and injury.

Frequently Asked Questions

Question	Response
1. Can I cook frozen food on my George Foreman Grill?	It is preferable that food be defrosted before placing on the George Foreman Grill. Make sure that the Grill is preheated, see preheat instructions, before placing food on the grilling plate.
2. Why does the Power Light turn ON & OFF?	As stated in the manual, the Power Light goes ON to indicate when the Grill's elements are heating. The Power Light goes OFF when the proper temperature has been reached. The thermostat will cycle ON & OFF throughout the cooking process to maintain proper temperature.
3. Can I cook kabobs on the George Foreman Grill?	Yes. In order to protect the non-stick surface use wooden skewers. We recommend that you soak the skewers first in water for about 20 minutes. This will keep the skewers from burning.
4. After cooking with garlic, how can I remove the smell of the garlic from the surface of my George Foreman Grill?	After cleaning your George Foreman Grill according to the "User Maintenance Instructions" make a paste of baking soda and water and spread on the surface of the Grill. Allow it to sit for a few minutes and then wipe away with a damp sponge or cloth.
5. How can I cook hot dogs on my George Foreman Grill?	Preheat your Grill for 5-minutes. Place the hot dogs lengthwise on the Grill. Close the Lid and cook for 2-1/2 minutes or until desired browning is achieved.
6. Any other cooking suggestions?	Fresh peppers can be grilled for 5-7 minutes for skinning purposes. Grilled cheese sandwiches can also be cooked on your George Foreman Grill.

LIMITED ONE-YEAR WARRANTY

Warranty Coverage: This product is warranted to be free from defects in materials or workmanship for a period of one (1) year from the original purchase date. This product warranty is extended only to the original consumer purchaser of the product and is not transferable. For a period of one (1) year from the date of original purchase of the product, our Repair Center will, at its option, either (1) repair the product or (2) replace the product with a reconditioned comparable model. These remedies are the purchaser's exclusive remedies under this warranty.

Warranty Service: To obtain warranty service, you must call our warranty service number at 1-800-233-9054 for return instructions on how to deliver the product, in either the original packaging or packaging affording an equal degree of protection to the Repair Center specified below. You must enclose a copy of your sales receipt or other proof of purchase to demonstrate eligibility for warranty coverage.

To return the appliance, ship to:

ATTN: Repair Center
708 South Missouri Street
Macon, MO 63552 USA

To contact us, please write to, call, or email:

Consumer Relations Department
PO Box 7366
Columbia MO 65205-7366 USA
1-800-233-9054
E-mail:
consumer_relations@toastmaster.com

What Is Not Covered: This warranty does not cover damage resulting from misuse, accident, commercial use, improper service or any other damage caused by anything other than defects in material or workmanship during ordinary consumer use. This warranty is invalid if the serial number has been altered or removed from the product. This warranty is valid only in the United States and Canada.

LIMITATION ON DAMAGES: THERE SHALL BE NO LIABILITY FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY OR CONDITION ON THIS PRODUCT.

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