

OWNER'S MANUAL
Model No. GR15VTCAN

GEORGE FOREMAN™

**LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE!**

George Foreman



MAXIM®

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 oven mitts or pot holders.
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. Contact consumer service for return authorization.
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. To disconnect, grasp plug and remove from wall outlet.
12. Do not use appliance for other than intended use.
13. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.

SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

ADDITIONAL IMPORTANT SAFEGUARDS

1. ***CAUTION: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property.***
2. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
3. The cord to this appliance should be plugged into a 110V/120V AC electrical outlet only.
4. 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.
5. Do not leave this appliance unattended during use.
6. This appliance generates steam—do not operate in open position.
7. If this appliance begins to malfunction during use, immediately unplug cord from outlet. Do not use or attempt to repair the malfunctioning appliance.
8. **Using pot holder, hold the top cover (Lid) open while placing or removing food on the cooking surface to prevent accidental closing and injury.**

Consumer Safety Information

This appliance is equipped with a grounded-type 3-wire cord (3-prong plug). This plug will only fit into an electrical outlet made for a 3-prong plug. This is a safety feature. If the plug should fail to fit the outlet, contact an electrician to replace the obsolete outlet. Do not attempt to defeat this safety feature. This is the purpose of the grounding pin as part of the 3-prong plug.

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. Since the appliance is of the grounded type, the extension cord should be a grounding type 3 wire cord.

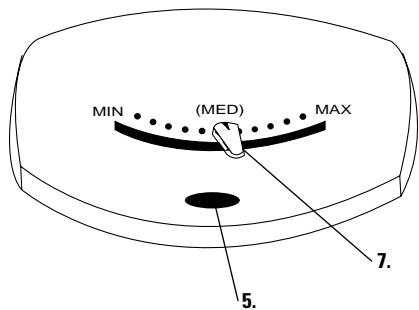
CAUTION: To prevent Plasticizers to migrate from the finish of the counter top or table top or other furniture, place **NON-PLASTIC** coasters or placemats between the appliance and the finish of the counter top or table top.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

Getting To Know Your GR15VTCAN Grilling Machine



1. Grilling Machine Body
2. Grilling Machine Grilling Plates
3. Drip Tray (P/N 20352)
4. Plastic Spatula (P/N 20147)
5. Power Light
6. Cord
7. Variable Temperature Control



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

1. Before using the Grilling 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 place the items to be cooked on the bottom cooking plate.
6. Close the Lid 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 Lid is closed to indicate that the elements are heating up to cook. ***Do not leave appliance unattended during use!***
7. The Variable Temperature Control allows you to cook your food at a specific heat setting (Minimum, Medium, or Maximum).
Adjust the Variable Temperature Control to your desired setting. See "Suggested Cooking Chart" on following page for specific details.
8. After the desired amount of time, the food should be done.
9. Slide temperature control to "MIN". 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.
10. Use a "pot holder" to carefully open the Lid.
11. 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.
12. When cool, the Drip Tray may be removed and emptied. **Be sure the liquid is cooled before removing Drip Tray.**

User Maintenance Instructions

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

1. Before cleaning, unplug the Grilling Machine 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 cleaners on any part of the Grilling Machine.
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.

Suggested Cooking Chart

When cooking the following items, we recommend setting your Grilling Machine to the "MIN" temperature setting when cooking the foods below:

	Rare 140°F*	Medium 150°F*	Well 165°F*
Salmon Filet	3½ min.	4 min.	5½ min.
Salmon Steak	8 min.	10 min.	12 min.
Sword Fish	9 min.	11 min.	12 min.
Tuna Steak	7 min.	9 min.	11 min.
White Fish	5 min.	6 min.	7½ min.
4 oz. Turkey Burgers	3½ min.	4½ min.	5 min.
8 oz. Turkey Burgers	4 min.	5 min.	6 min.
Scallops	3½ min.	4½ min.	5½ min.

When cooking the following items, we recommend setting your Grilling Machine to a medium temperature setting, see page 5, when cooking the foods listed below:

Pork Chops	10 min.	11 min.	13 min.
Pork Loin	7 min.	9 min.	11 min.
4 oz. Burgers	7½ min.	8½ min.	9½ min.
8 oz. Burgers	11 min.	12 min.	13 min.
Chicken Breast (boneless/skinless)	6 min.	7½ min.	8½ min.
Chicken Breast bone-in (up to 2½" thick)	15 min.	16 min.	18 min.
4 oz. Frozen Turkey Burgers	4 min.	5 min.	6 min.
8 oz. Frozen Turkey Burgers	7 min.	9 min.	11 min.
Link Sausage	4½ min.	5½ min.	6½ min.
Sliced Sausage (¾" thick)	5½ min.	6½ min.	7½ min.

When cooking the following items, we recommend setting your Grilling Machine to the "MAX" temperature setting when cooking the foods listed below:

Fajita Beef (½" thick slices)	1½ min.	2 min.	2½ min.
T-Bone	8 min.	10 min.	12 min.
NY Strip	4 min.	7 min.	11 min.
Flank Steak	7 min.	8 min.	10 min.
Onions and Peppers (brush with olive oil)		8½ min.	15 min.

NOTE: Most meats were 1" thick. Poultry was cooked to 165°, well-done. These are recommended guidelines only. Personal taste and thickness of cut may vary cooking times. Always check for doneness and always use fresh, refrigerated foods.

PLEASE NOTE: The USDA recommends that meats such as beef, pork, lamb, etc. 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, Listeria and Ecoli, has been killed. When reheating meat/poultry products, they should also be cooked to an internal temperature of 165°F.

* Internal Food Temperatures

Recipes

NOTE: For all recipes, please remember to place Drip Tray in front of the Grilling 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.

1 slightly beaten egg white
1/3 cup finely chopped onion
1/4 cup finely snipped dried apples or
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. 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-inch wide patties.
- Preheat the Grilling Machine and place the patties on the grill five at a time. Close the Lid. 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. 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-inch wide patties.
- Preheat the Grilling Machine for 5 minutes and place the patties on the grill six at a time. Close the Lid.
- 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 reduced-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 of cheese. However, reduced fat cheeses like Cheddar or Swiss contain half the fat with 4 grams per ounce. 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. lean ground beef

- In a medium-size mixing bowl, combine the vegetables and bread crumbs. Add the ground beef and mix well.
- Shape the mixture into 4-inch wide patties.
- Preheat the Grilling Machine for 5 minutes and place the patties on the grill. Close the Lid.
- 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 Vegetables

6 slices eggplant, 1/2" thick (or use 2 baby eggplants)
2 small onions, sliced 1/2" 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 Grilling Machine for 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 slices 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 Grilling Machine for 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. chicken breasts halved with the skin taken off

- Mix first 5 ingredients.
- Add chicken breast and let it marinate for at least 1/2 hour in the refrigerator.
- Preheat the Grilling Machine for 5 minutes.
- Place marinated chicken on Grilling Machine and close Lid. Let cook for 3-1/2 minutes.
- Remove and serve.
- Yield: Serves 4

Sole with Tomatoes

2 tsp. olive oil
2 small onions, diced
2 cloves 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. fillet of sole (or any white fish fillet)

- Preheat the Grilling Machine for 5 minutes.
- Sauté the onion and garlic in oil 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. strip steaks

- Combine first 3 ingredients.
- Marinate the strip steak in the mixture for approximately one hour in the refrigerator.
- Preheat the Grilling Machine for 5 minutes.
- Place the marinated strip steak onto the preheated grill. Close the Lid.
- Grill for 3 minutes, open grill, add the rest of the marinade sauce to the top of the steaks. Close the Lid.
- 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 cups canned red chili sauce
2 tsp. salt
1 tsp. cinnamon & cumin

- Preheat the Grilling Machine for 5 minutes.
- Add onions and garlic and sauté for 1 minute.
- Add meat/chicken, close the Lid, 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.

Frequently Asked Questions

Question	Response
1. Can I cook frozen food on my George Foreman Grill?	Yes, but of course the cooking time will be longer. And it is preferable that food be defrosted before placing on the George Foreman Grill. Please refer to the Suggested Cooking Chart in this manual for examples.
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 5-10 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. Can hash browns be prepared on my George Foreman Grill?	Yes, self-browning hash browns can be prepared by preheating the Grill for 5-10 minutes. Add hash browns onto the Grill surface, close the Lid, and cook for approximately half the time stated on the package for oven preparation.
7. Any other cooking suggestions?	Fresh peppers can be grilled for 2-3 minutes for skinning purposes. Grilled cheese sandwiches can also be cooked on your George Foreman Grill.

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