

# GEORGE FOREMAN®

HEALTHY COOKING



## *Griddle*

GREG10

# INSTRUCTIONS & WARRANTY

## Spectrum Brands Australia Pty Ltd

Locked Bag 3004 Braeside  
Victoria 3195 Australia

### Customer Service in Australia

TollFree: 1800 623 118

Email: [info@spectrumbrands.com.au](mailto:info@spectrumbrands.com.au)

Website: [www.spectrumbrands.com.au](http://www.spectrumbrands.com.au)

## Spectrum Brands New Zealand Ltd

PO Box 9817 Newmarket  
Auckland 1149 New Zealand

### Customer Service in New Zealand

TollFree: 0800 736 776

Email: [service@spectrumbrands.co.nz](mailto:service@spectrumbrands.co.nz)

Website: [www.spectrumbrands.co.nz](http://www.spectrumbrands.co.nz)

## Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd



### Warranty Against Defects

In this warranty:

**Australian Consumer Law** means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

**CGA** means the New Zealand Consumer Guarantees Act 1993;

**Goods** means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

**Manufacturer, We** or **us** means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573;  
or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

**Supplier** means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

**You** means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials from the date of purchase (**Warranty Period**), for the period of:-
  - (a) Two (2) years for Russell Hobbs products (see product packaging for details)
  - (b) Two (2) years with five (5) year motor warranty for Russell Hobbs products (see product packaging for details)
  - (c) Limited Lifetime, Ten (10) years for Russell Hobbs cookware.
  - (d) One (1) year for George Foreman, iRobot, Westinghouse, Black & Decker and Spectrum Brands products.

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

## **Warranty Conditions**

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
6. The warranty granted under clause 3 is limited to repair or replacement only.
7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
8. In order to claim under the warranty granted under clause 3 you must:
  - (a) Retain this warranty with your receipt/proof of purchase; and
  - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
9. This warranty is immediately void if:
  - (a) Any serial number or appliance plate is removed or defaced;
  - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
10. The Goods are designed for domestic use only. A limited 90-day Warranty applies to any industrial or commercial use of the Goods. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.

Contact us or the Supplier for further details.

## **Register your product online**

If you live in Australia please visit: [www.spectrumbrands.com.au/warranty](http://www.spectrumbrands.com.au/warranty)

If you live in New Zealand Please visit: [www.spectrumbrands.co.nz/warranty](http://www.spectrumbrands.co.nz/warranty)

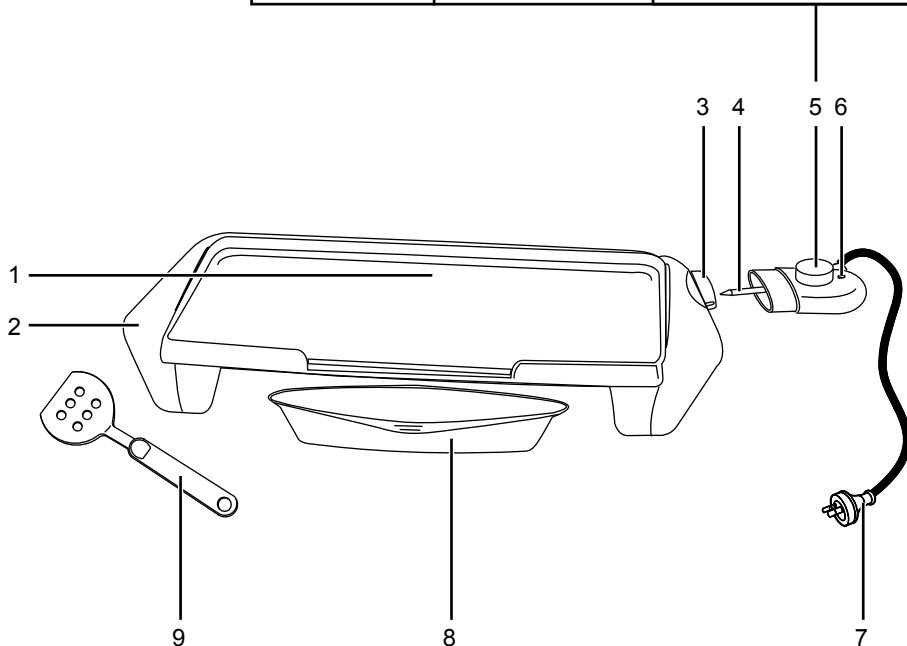
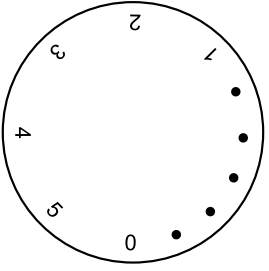
Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

**Any questions?** Please contact Customer Service for advice.

Congratulations on the purchase of your George Foreman Grill. Each unit is manufactured to ensure safety and reliability. Before using the appliance for the first time, please read the instruction book carefully and keep it for future reference. Pass it on if you pass on the appliance.

When using electrical appliances, basic safety precautions should always be followed.

Temp. setting	Approx temp. °C
0	OFF
1	160°C
2	170°C
3	180°C
4	190°C
5	200°C



- 1. Griddle cooking plate.
- 2. Handle.
- 3. Probe receptacle.
- 4. Temperature control probe.
- 5. Temperature control knob.
- 6. Power-on light.
- 7. Power cord.
- 8. Drip tray.
- 9. Plastic spatula.

# Before Using your Griddle

- Remove all packing material and any stickers.
- Remove and save literature.
- Wash all removable parts as instructed in “Care and Cleaning” section of this manual.
- Wipe cooking surface with a damp cloth or sponge to remove any dust. Wipe dry with a soft cloth or paper towel.
- Select location where unit is to be used, leaving enough space between back of unit and wall to allow heat to flow without damage to cabinets and walls.

# Using Your Griddle

- Before using this appliance for the first time, clean griddle as outlined in “Care and Cleaning”.
- Slide drip tray beneath the front of the unit with hand grip facing out.
- To preheat: Turn the temperature control knob to ‘OFF’. Insert the temperature control probe fully into the probe receptacle. Plug the cord into a power outlet and switch on. The variable temperature control allows you to cook at a heat setting over the range of 95°C–200°C. Adjust the control up or down to achieve desired cooking temperature. As the griddle is heating, the preheat indicator light turns on and it will remain ON until the set temperature has been reached.

*Note: Preheat indicator light will cycle on and off as needed to maintain the set temperature.*

- Allow griddle to preheat except where noted on the Cooking Chart. The preheat time will vary depending on the heat setting you have selected. The higher the heat setting, the longer the preheat time.
- Carefully place items to be cooked on the griddle.
- Allow food to cook, turning halfway through cooking time, if needed.

***Caution: Do not leave appliance unattended during use!***

- When finished cooking, turn the temperature control knob to ‘OFF’. Disconnect plug from power outlet.
- Remove food using the plastic spatula. Be sure to always use either silicone, 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 griddle plate.
- Let appliance cool completely. When cool, the drip tray may be removed and emptied.

***Caution: Be sure liquid has cooled before removing drip tray.***

# Cooking Hints and Tips

- Use tender cuts of meat.
- Marinate tougher cuts of meat to tenderise them before cooking.
- To avoid drying out meat and fish, do not pierce with a utensil.
- Better cooking results will be achieved with boneless cuts of meat, chicken and fish.
- Cut edge of meat in several places to prevent curling.
- When cooking fish or chicken breast fillets, tuck extremely thin parts under to prevent overcooking.

- If cooking more than one item, try to select foods of even thickness to promote uniform cooking.
- When cooking small portions, make sure meat is centred on griddle. When cooking larger portions, distribute evenly and allow 25mm of space between foods to promote uniform cooking.
- Some foods such as eggs and pancakes cook better if the non-stick surface is conditioned with cooking oils before preheating. If necessary, remove excess oil with a paper towel.
- Adjust heat setting gradually and only as necessary. Cooking foods at too high a temperature can cause them to dry out.
- If food is undercooked when removed from griddle, simply return to griddle for additional cooking time.

## Care and Cleaning

**Warning:** To avoid electric shock, unplug from outlet when not in use and before cleaning. DO NOT IMMERSE TEMPERATURE CONTROL PROBE, CORD OR PLUG IN WATER OR OTHER LIQUID.

**Caution:** To avoid accidental burns, allow griddle to cool thoroughly before cleaning.

- Before cleaning, turn the temperature control knob to 'OFF' and unplug from the wall outlet. Remove temperature control probe, wipe with a damp cloth and dry thoroughly.
- Place drip tray under front of griddle with the handle facing out. Using the spatula, scrape off any excess fat and food particles.
- Empty the drip tray.
- Wash griddle, drip tray and spatula in warm soapy water; rinse and dry thoroughly.

**Caution:** temperature control probe and probe receptacle must always be completely dry before use. The drip tray and plastic spatula may be washed in the dishwasher, top-rack only. Do not wash griddle in the dishwasher.

- Stubborn Build-up: If necessary, use a non-metallic scrubbing pad to clean the griddle. Do not use steel wool, scouring pads or abrasive cleaners on any part of the appliance.

## Storage

Unplug unit, allow to cool and clean before storing. Store in a clean, dry place. Never store griddle while it is hot or still plugged in. Never wrap cord tightly around the appliance as this could cause the cord to fray and break.

## Important Safeguards

When using electrical appliances, basic safety precautions should always be followed.

1. To protect against electrical hazards do not immerse the power cord, plug or temperature control probe in water or any other liquid.
2. Do not use in the bathroom or near any source of water. Do not use outdoors.
3. Always use the appliances handles as some parts will be hot. The temperature of accessible surfaces/parts may become very hot when the appliance is operating.



4. Do not touch the hot cooking surfaces.
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
6. Always turn off and unplug from the power outlet before cleaning the appliance.
7. To disconnect, turn off the wall power outlet, then grasp the plug and remove from wall power socket. Never pull by the cord.
8. Do not operate this appliance with a damaged cord/plug or after the appliance has malfunctioned, or been dropped or damaged in any manner. Contact Customer service for replacement, examination, repair or adjustment.
9. There are no user serviceable parts. If the power cord or appliance is damaged, it must be replaced or repaired by the manufacturer or similarly qualified person in order to avoid a hazard.
10. Do not use on an inclined plane or unstable surface.
11. Do not move the appliance when in use.
12. Do not cover the appliance when in use.
13. Always take care when removing food after cooking as it is hot.
14. Food may burn. Always monitor when using this appliance.
15. Do not use the appliance near or below any curtains or other combustible materials.
16. Keep the appliance and the power cord away from the edge of tables or countertops and out of reach of children and infirm persons.
17. Do not cook food wrapped in plastic film or polythene bags. It will cause a fire hazard.
18. Always clean the appliance after use.
19. Do not place on or near any heat sources.
20. Do not leave the appliance unattended when in use.
21. Follow the instructions when cleaning this appliance.
22. Do not use this appliance for other than its intended purpose.
23. This appliance is not a toy. Children should be supervised to ensure they do not play with the appliance.
24. This appliance is not intended to be operated by means of an external timer or separate remote control system.
25. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD), also often referred to as a 'Safety Switch'. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.

SAVE THESE INSTRUCTIONS  
THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

## Additional Important Safeguards

26. 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.
27. Caution: The Temperature Control Probe is a sensitive device. Use care not to drop, hit or impact the temperature control probe against hard surfaces. Never pull on the cord of the temperature control probe. Always grip the body of the temperature control probe when handling.

# FRENCH CREPES

## INGREDIENTS

Makes 6

1. Sift flour into a bowl, add the castor sugar. Beat together eggs and milk, pour gradually into the flour. Whisk until mixture is light, then stir in the butter. Transfer the mixture to a jug.
2. Preheat Griddle to '3'. Pour about ¼ cup of crepe mixture onto the surface, spreading quickly and evenly to create a thin crepe. As soon as crepe browns lightly, turn over with a spatula and cook the second side.

3. Serve with fresh berries.

1 cup plain flour  
2 tbspcastor sugar  
3 medium eggs  
1 ¼ cups milk  
30g melted butter



# GRILLED PINEAPPLE WITH BERRIES

Serves 4

INGREDIENTS

1. Slice or halve strawberries and place into a bowl with the blueberries and orange juice, drizzle on a little honey with a little brown sugar. Allow to sit for up to one hour.

*4 slices canned  
pineapple in syrup\*,  
well drained*

2. Preheat Griddle to '3'. Place the pineapple slices onto the surface, grill until underside is golden brown, turn and grill second side.

*Honey or dark brown  
sugar*

3. Place onto small serving plates; place a small scoop of ice cream onto each, top with the berries and serve with a crisp biscuit. Garnish with a small sprig of mint.

*Orange zest  
Vanilla ice cream  
Crisp biscuit*

\* Very sweet, ripe fresh pineapple may be substituted. Remove the hard centre core.

# PIKELETS

Makes about 30

INGREDIENTS

1. Mix together sifted flour, soda, salt and castor sugar. Make a well in the centre, pour in the beaten egg, milk and vinegar, and add the softened butter or oil and vanilla.

*1 cup self raising flour,  
sifted*

2. Beat until mixture is smooth. If it seems too thick to drop easily from a spoon, add a little more milk.

*Pinch salt*

3. Preheat Griddle to '3'. Drop the mixture onto the surface in small quantities (less than 1 tablespoon), reduce heat slightly and cook until bubbles appear on the surface. Flip over with a spatula or plastic egg slide and cook the second side. As soon as underside is browned, remove and cool on a wire rack or kitchen paper.

*1 egg, beaten  
2 tsp castor sugar  
¾ cup milk  
1 tsp white vinegar  
2 tsp softened butter or  
extra light olive oil  
½ tsp vanilla essence*

4. Serve with jam and whipped cream.

# HEARTY EGG & BACON BREAKFAST

Serves 2

## INGREDIENTS

4 eggs  
8 rashers lean bacon  
4 thick slices tomato

1. Preheat the Griddle to '3'. Place four egg rings onto the surface carefully, and break an egg into each. Arrange the bacon on the surface.
2. Cook eggs until they are just beginning to firm and then prick the yolk with a knife to allow it to run slightly. After just a minute, carefully slip the spatula or plastic egg slide under each ring and quickly turn over. Cook for another 30 seconds, then slip onto heated plates, remove from metal rings and keep warm.
3. Meanwhile, turn the bacon once, pressing it down with the spatula. Place the tomato slices on the griddle, brown underside lightly, then turn with the spatula and place onto plates. When bacon is lightly browned, arrange on plates. Serve with hot buttered toast.

# TUNA WITH CAPERS

Serves 2

## INGREDIENTS

2 tuna steaks  
Olive oil  
Lemon juice

## SIDE DRESSING

1/4 cup mayonnaise  
Generous squeeze of lime or lemon juice  
1/2 tsp drained, chopped capers

1 gherkin, finely chopped

Pepper, to taste

1. Mix together olive oil and lemon or lime juice in a flat dish. Turn the fish in the mixture several times until well coated.
2. Preheat Griddle to either '4' or '5'. Place the fish on the Griddle and watch closely to cook as desired, turning once with tongs.
3. Meanwhile, mix together the mayonnaise and other ingredients. Place the tuna onto heated plates and serve the dressing on the side.
4. Serve with a garden salad and baked potatoes with sour cream.

# ZUCCHINI & CHEESE FRITTERS

Serves 4

## INGREDIENTS

1. Place the grated zucchini into a bowl, sift, stir in beaten eggs, grated cheese, oil, parsley or mint and salt and pepper. Mix lightly but thoroughly.
  2. Preheat Griddle to '3', place eight large spoonfuls of the zucchini mixture onto the hotplate, and flatten lightly with a spatula or plastic egg slide. When browned on underside, turn and cook through. This should take only a few minutes.
  3. Serve with a cheese sauce.
- 4 medium large zucchini, grated*  
*2 tbsp flour*  
*2 eggs, beaten*  
*½ cup grated tasty cheese*  
*1 tbsp chopped parsley or mint*  
*1 tbsp extra light olive oil*  
*Salt & pepper, to taste*

# PORK & VEAL PATTIES WITH MUSHROOM SAUCE

## INGREDIENTS

Serves 4

*500g lean pork and veal  
mince*

*250g mushrooms, very  
finely chopped*

*2 spring onions, finely  
chopped*

*1 egg, beaten*

*1 tsp grated lemon zest*

*Salt & pepper, to taste*

*MUSHROOM SAUCE*

*2 tbsps butter*

*250g mushrooms, sliced*

*1 medium onion, thinly  
sliced*

*Salt & pepper, to taste*

*½ cup light sour cream*

*1 tsp chopped fresh*

*oregano*

1. In a bowl, mix together mince, chopped mushrooms, spring onions, beaten egg, lemon zest and seasoning for the patties. Mix very thoroughly.
2. Preheat Griddle to '5'. Divide the meat mixture into four portions, shape into patties.
3. Arrange on the Griddle, brown underside quickly then reduce heat to '3'. Cook for several minutes before turning over patties with a spatula or plastic egg slide. Continue cooking until patties are cooked through.
4. To prepare the sauce, melt butter in a pan, sauté the mushrooms and onion until tender. Season to taste, stir in the light sour cream and oregano and mix well.
5. Serve the patties on a warm plate, topped with mushroom sauce and a green salad.

# CHICKEN TORTILLAS

Serves 4

## INGREDIENTS

2 skinless chicken fillets, trimmed of fat  
2 tbsp taco sauce  
1 tbsp olive oil  
½ tsp smoked paprika  
FILLING  
4-6 Tortillas  
Finely shredded lettuce  
½ cup canned chickpeas, well drained  
1 avocado, peeled and diced  
1 ripe tomato, seeded and diced  
½ small red onion, diced  
Squeeze of lemon juice  
¼ cup taco sauce  
Light sour cream

1. Flatten chicken fillets. Mix together taco sauce, olive oil and smoked paprika. Brush over the chicken fillets and refrigerate for up to one hour.
2. Preheat Griddle to '3' and place fillets onto the cooking surface. Pressing down with a spatula, cook on both sides until cooked through. Remove from Griddle and shred the chicken.
3. Spread tortilla flat, place a strip of shredded lettuce down one side, top with mixed chickpeas, avocado, tomato, onion, lemon juice and taco sauce. Top with the shredded chicken and roll up. Serve with a spoonful of sour cream and additional taco sauce.

# HAMBURGERS

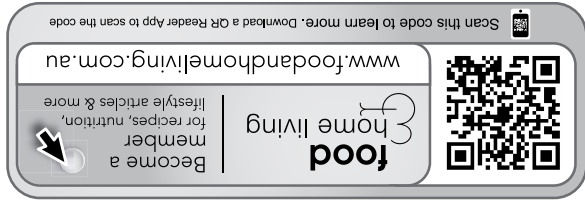
Serves 2

## INGREDIENTS

250g lean minced steak  
2-3 tsp light olive oil  
1 tbsp finely chopped mixed herbs  
Salt & pepper, to taste  
FILLING

2 small white onions, thinly sliced  
Sliced tomato  
Shredded lettuce  
Sliced beetroot  
Salt & pepper, to taste  
2 large wholemeal buns  
Tomato chutney

1. Prepare vegetables. In a bowl, mix together steak, oil, herbs and salt and pepper. Shape into two rounds, flatten.
2. Preheat Griddle to '2' or '3'. Place onion on top. Using a spatula, toss and turn onions until softened and lightly golden. Set aside and keep warm.
3. Wipe down Griddle, reheat to '3'. Place the burgers onto the griddle, pressing down lightly with the spatula. Continue cooking until well browned on the underside, turn and cook until cooked through.
4. Split and lightly butter the bread rolls. Arrange shredded lettuce on the base, add the cooked onion, tomato and beetroot and top with the cooked burgers. Spoon on tomato chutney. Set the top of the bun in place and press down lightly.



© Registered Trade Mark of Spectrum Brands, Inc., or one of its subsidiaries  
©2011 Spectrum Brands, Inc

Recipes are to be used in conjunction with the Griddle by George Foreman. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the copyright owner.

Designed in Australia.

The following times are meant to be used as guidelines only. Times will vary due to the cut or thickness of the meat being cooked. To be sure that the food is truly done, use a cooking thermometer.

## Quick Cooking Guide

Food	Setting	Time	Directions
Bacon	2 / approx 170°C	8–16 min.	Turn often.
Eggs	3 / approx 180°C	2–4 min.	Turn halfway through cooking
Fish steaks, 1" (2.5 cm) thick	5 / approx 200°C	10–16 min.	Turn halfway through cooking
French toast	3 / approx 180°C	6–12 min.	Turn halfway through cooking
Hamburger	3 / approx 180°C	6–18 min.	Turn halfway through cooking
Ham slices	3 / approx 180°	15–20 min.	Turn halfway through cooking
Pancakes	4 / approx 190°C	3–6 min.	Pour batter onto griddle. When bubbles appear on top side, turn
Pork chops, 1/2" (1.25 cm) thick	3 / approx 180°C	6–10 min.	Brown both sides then reduce temp to 325°F (165°C). Turn halfway through remaining cooking time
Sandwiches	3 / approx 180°C	5–8 min.	Butter outside and brown both sides
Sausage	2 / approx 170°C	15–20 min.	Turn often.
Steaks, 3/4" (2 cm) thick	5 / approx 200°C	Rare: 6–11 min. Med: 9–16 min. Well: 15–22 min.	Turn halfway through cooking time

RECIPES



HEALTHY COOKING

**GEORGE FOREMAN**<sup>®</sup>