

OWNER'S MANUAL

Model No. GFG185

GEORGE FOREMAN[®]

LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE!

George Foreman



17" Griddle


salton.

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 Temperature Control Probe 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. Always attach Temperature Control Probe to appliance first, then plug cord in the wall outlet. To disconnect, turn the Temperature Control Knob to OFF, then remove plug from wall outlet.
13. Do not use appliance for other than intended use.

SAVE THESE INSTRUCTIONS

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.

CAUTION: The Temperature Control Probe is designed to yield precise results. Use care not to drop, hit, or impact it against hard surfaces. Never pull on the cord of the Temperature Control Probe. Always grip the body of the Temperature Control Probe when handling.

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.

Use only the Temperature Control Probe (P/N 22427) supplied with this product. Using any other type of Temperature Control Probe may cause fire, electric shock, or injury.

Electric Power

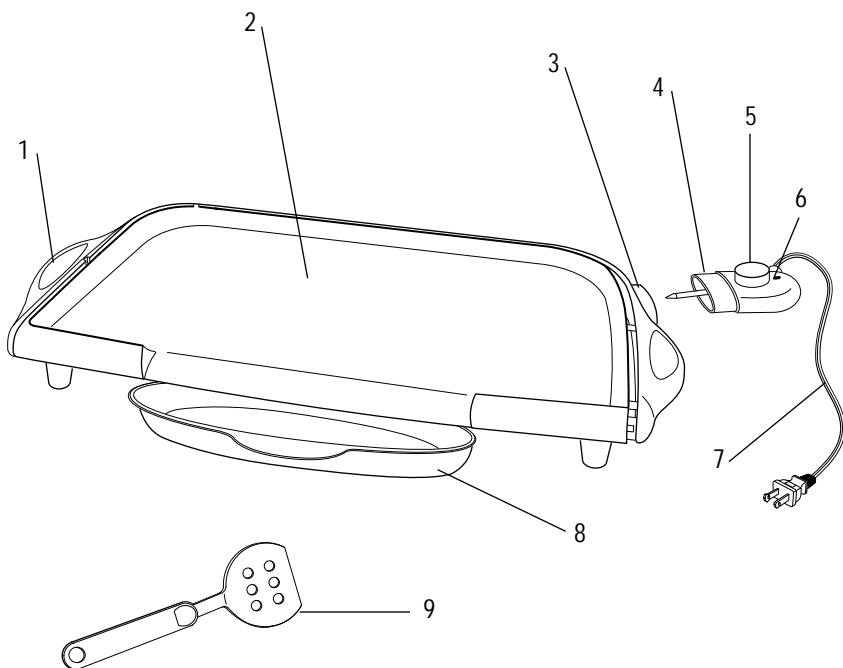
If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

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 GFG185 Griddle



1. Cool Touch Handle
2. Griddle Plate
3. Probe Receptacle
4. Temperature Control Probe (P/N 22427)
5. Temperature Control Knob
6. Power-On Light
7. Power Cord
8. Drip Tray with Handle, Black, (P/N 22794)
9. Plastic Spatula (P/N 20493)

Features

Non-Stick Cooking Surface - Covers the Griddle cooking surface for reduced fat cooking and easy cleaning.

Large 17" Griddle Cooking Surface - Large, smooth, non-stick cooking surface with uniform temperature conduction for cooking food items such as pancakes, hash browns, eggs, grilled cheese sandwiches, chopped vegetables, etc. Unique design allows fats to drip from the Griddle into the Drip Tray for healthy, fat free cooking and easy clean-up.

Heat settings - Variable heat settings provide perfect control in a multitude of cooking tasks.

Removable Drip Tray - Collects fats and juices during cooking. Dishwasher safe (on top rack) for easy cleaning.

Backstop - Built in backstop allows for easy food removal.

Cooking Hints and Tips

- Use tender cuts of meat.
- Marinate tougher cuts of meat to tenderize 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 the edge of the meat in several places to prevent curling of the meat
- When cooking fish or chicken breast fillets, tuck extremely thin parts under to prevent overcooking.
- If cooking more than one item, select foods of even thickness. This will promote consistent doneness and appearance.
- When cooking small portions, make sure meat is centered on Griddle. When cooking larger portions, distribute evenly and allow one inch space between foods to promote uniform cooking.
- Some foods such as eggs and pancakes cook better if the non-stick surface is conditioned with vegetable shortening 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 under-cooked when removed from Griddle, simply return to Griddle for additional cooking time.

How To Use George Foreman's Lean Mean Fat Reducing Griddle

1. Before using this appliance for the first time, clean the Griddle as outlined in the User Maintenance Instructions.
2. Slide the grease catching Drip Tray beneath the front of the unit with the Handle facing out.
3. To preheat: Turn the Temperature Control Knob to the OFF position. Insert the Temperature Control Probe fully into the Probe Receptacle. Plug the cord into a 120V AC outlet. The variable temperature control allows you to cook at a specific heat setting; 250° F to 450° F. Align the selected temperature with the Power Light. When the Griddle is heating, the Power Light illuminates and it will remain ON until the set temperature has been reached. Then it will cycle on and off, as needed, to maintain the set temperature.
4. Allow the 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.
5. Carefully place the items to be cooked on the Griddle.
6. Allow the food to cook, turning halfway through cooking time if needed. *Do not leave appliance unattended during use!*
7. When finished cooking, turn the Temperature Control Knob to the OFF position. Disconnect the plug from the wall outlet.
8. 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 Griddle Plate.
9. Let the appliance cool completely. When cool, the Drip Tray may be removed and emptied. Be sure the liquid has cooled before removing Drip Tray.

User Maintenance Instructions

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly other than cleaning must be performed by a qualified appliance repair technician.

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 your Griddle to cool thoroughly before cleaning.

1. Before cleaning, turn the Temperature Control Knob to OFF and unplug from the wall outlet. Allow the unit and the contents of the Drip Tray to cool completely. Remove the Temperature Control Probe and wipe it with a damp cloth and dry thoroughly. Do not immerse the Cord, Plug or Temperature Control Probe in water or any other liquid.
2. Place the Drip Tray under the front of the Griddle with the Handle facing out. Using the plastic Spatula, scrape off any excess fat and food particles.
3. Empty the Drip Tray.
4. Wash Griddle, Drip Tray and Spatula in warm soapy water, rinse and dry thoroughly.

CAUTION: Probe and Probe Receptacle must always be completely dry before use. Drip Tray and plastic Spatula may be washed on top shelf of the dishwasher. Do not wash the Griddle in the dishwasher.

5. *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 its box in a clean, dry place. Never store it while it is hot or still plugged in. Never wrap cord tightly around the appliance as it could cause the cord to fray and break.

Cooking Chart

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.

Food	Temperature (Preheat)	Time (Minutes)	Directions
Bacon	325° F	8-16 min.	DO NOT PREHEAT. Turn often.
Eggs	350° F	2-4 min.	Turn halfway into cooking time.
Fish Steaks, 1" thick	400° F	10-16 min.	Turn halfway into cooking time.
French Toast	350° F	6-12 min.	Turn halfway into cooking time.
Hamburger	350° F	6-18 min.	Turn halfway into cooking time.
Ham Slices	350° F	15-20 min.	Turn halfway into cooking time.
Pancakes	375° F	3-6 min.	Pour batter onto Griddle. When bubbles appear on top side, turn.
Pork Chops, 1/2" thick	350° F	6-10 min.	Brown both sides then reduce temp. to 325° F. Turn halfway into cooking time.
Sandwiches	350° F	5-8 min.	Butter outside and brown both sides.
Sausage	325° F	15-20 min.	DO NOT PREHEAT. Turn often.
Steaks, 3/4" thick	400° F rare	6-11 min.	Turn halfway into cooking time.
	400° F med	9-16 min.	Turn halfway into cooking time.
	400° F well	15-22 min.	Turn halfway into cooking time.

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.

Recipes

Quick and Easy Pork Tenderloins

8	boneless pork tenderloins, 1/2 inch thick
1/4 cup	low sodium soy sauce
1/2 Tbsp	ground ginger
1	clove garlic, chopped
1/4 tsp	black pepper

1. Pre-heat the Griddle on 350° for 10 minutes.
2. Remove all visible fat from the pork.
3. Combine the soy sauce, ginger, garlic and pepper in a flat glass pan.
4. Dip each tenderloin into the soy ginger sauce and place onto the hot Griddle.
5. Grill for 3-4 minutes, turn over and continue grilling another 3-4 minutes, or until done according to your preference.

Serves 4-8

The Classic Ruben

12 slices	rye bread
3/4 lb	deli corned beef, thinly sliced
1 1/2 cups	sauerkraut, rinsed and well drained
6 slices	Swiss cheese
1/3 cup	butter, softened
1/2 cup	Thousand Island dressing
1/4 cup	catsup
	salt and pepper to taste

1. Pre-heat the Griddle on 350° for 10 minutes.
2. Brush each bread slice with butter on one side only.
3. Season the sauerkraut with salt and pepper and mix the catsup with the Thousand Island dressing.
4. Spread dressing equally over non-buttered sides of bread. Place slices of bread (buttered side down) onto the Griddle.
5. Top each slice with corned beef, sauerkraut and a cheese slice.
6. Top each sandwich with another slice of bread (buttered side up).
7. Grill for 4-5 minutes or until golden brown, flip sandwich over and continue to grill another 4-5 minutes or until golden brown.

Serves 6

English Muffins with Canadian Bacon, Egg and Cheese

2	English muffins
4 slices	Canadian bacon, 3 inch diameter
1/3 cup	Egg Beaters®
4 slices	sharp cheddar cheese
	butter, softened
	salt and pepper

1. Pre-heat the Griddle on 350° for 10 minutes.
2. Spread butter on cut side of the English muffins. Place butter side down on Griddle.
3. Add the Canadian bacon slices.
4. Drop 1/2 teaspoon of butter on the Griddle and pour the Egg Beaters® on top of the butter. Salt and pepper to taste.
5. Turn the Canadian bacon over and top with cheese slices.
6. Turn the eggs over after they have set.
7. When egg is done and cheese is soft, turn over English muffin, top with the Canadian bacon, cheese side down and then add the egg.

Serves 2-4

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

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

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.

DURATION OF IMPLIED WARRANTIES: EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ALL IMPLIED WARRANTIES AND CONDITIONS, INCLUDING, WITHOUT LIMITATION, IMPLIED WARRANTIES AND CONDITIONS OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE OR USE ON THIS PRODUCT ARE LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.

Some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, or allow limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights and you may have other rights under the laws of your jurisdiction.

For more information on our products, visit our website:
www.maxim-toastmaster.com.

"© 2006 Salton, Inc.
All Rights Reserved"

P/N XXXXX
Printed in China
ESF