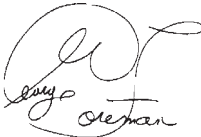


**OWNER'S MANUAL**

**Model No. GFSG80**

# **GEORGE FOREMAN®**

**LEAN  
MEAN  
FAT REDUCING  
GRILLING  
MACHINE!**



## **SUPER SEARING GRILL**



# 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, press Power On/Off Button to OFF, 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

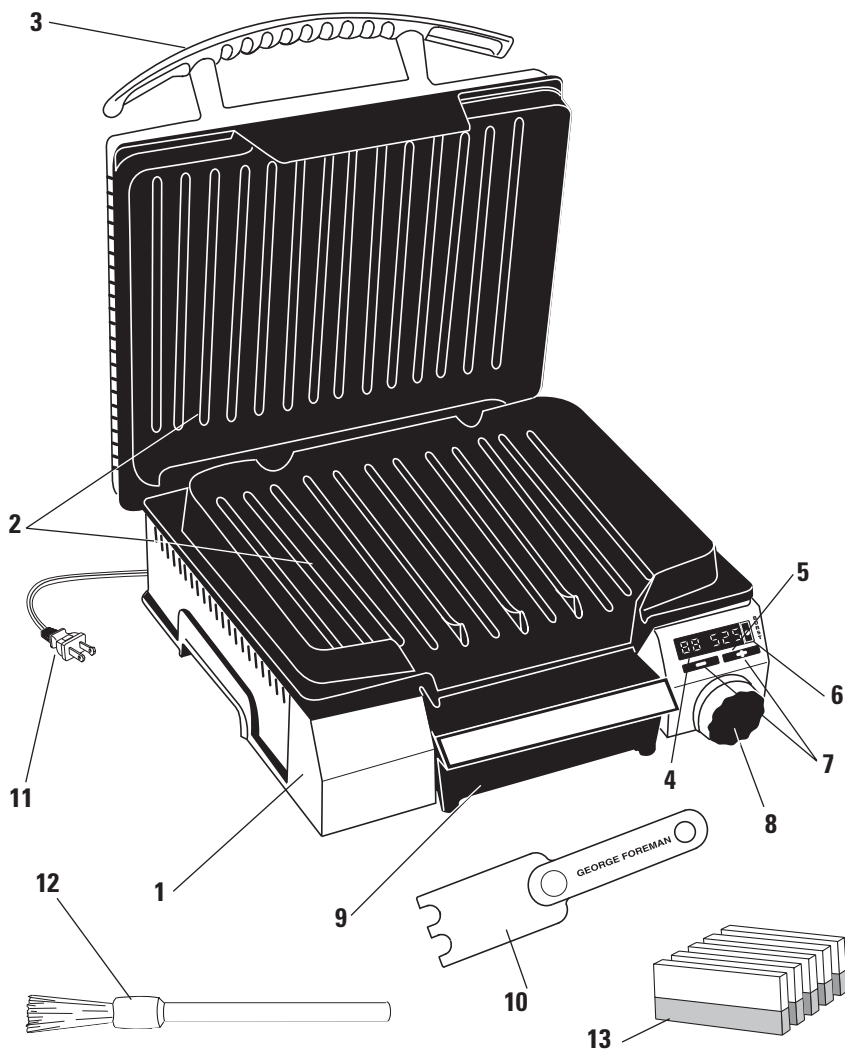
If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

## 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 GFSG80 Grilling Machine



- |                              |                                 |
|------------------------------|---------------------------------|
| 1. Grill Body                | 8. Temperature Control/Off Knob |
| 2. Grilling Plates           | 9. Drip Tray (P/N 22811)        |
| 3. Handle                    | 10. Spatula (P/N 22411B)        |
| 4. Timer Display (LED)       | 11. Power Cord                  |
| 5. Temperature Display (LED) | 12. Cleaning Brush (P/N 22812)  |
| 6. BURST Button              | 13. Sponges (GFSP1)             |
| 7. Timer Buttons             |                                 |

# How To Use George Foreman's Super Searing Grill

The Super Searing Grill has a BURST button that Super Sears the food at 525°F, locking in natural juices while retaining nutrients and enhancing flavor. For maximum benefit, the BURST button should be pressed after the temperature is chosen to preheat the grill. The temperature display will flash 525°F and the temperature will steadily increase above the preset temperature to 525°F during the preheat time. When the 525°F is reached the grill will beep and 525°F will be fixed in the display. After 90 seconds, the thermostat will automatically adjust to the preset temperature to finish cooking.

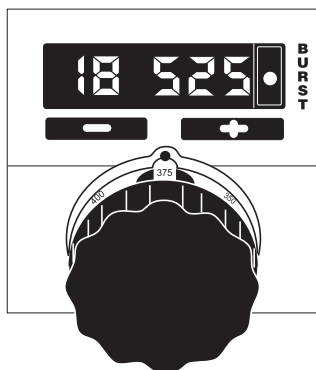
The Super Sear Grill has a built in fan that will cycle on and off during the cooking process to ensure that the Grilling Plates maintain the proper temperature at all times.

The Variable Temperature Control allows you to cook food at a specific heat setting, 300°F-425°F in 25°F increments. See Suggested Cooking Charts for specific details regarding cooking temperature and time.

1. Before using the Grilling Machine for the first time, wipe the Grilling Plates with a damp cloth to remove all dust.
2. Close the Lid and plug the cord into a 120V AC outlet. The Timer and Temperature displays will show dashes, indicating that the appliance is in the OFF mode.
3. Turn the Temperature Control dial to the desired temperature setting. The chosen temperature will flash in the Temperature Display. The Timer Display will show "5" indicating the start of the 5 minute preheat time. If cooking foods from the BURST Cooking Chart (fresh meats poultry or fish), press the BURST button. The BURST temperature of 525 will flash in the display. If not proceed to step 4.

**Note:** If the temperature reaches the displayed temperature before 5 minutes, the temperature display will stop flashing and the timer will continue to count down to 0 before beeping. At the end of the preheat time the Timer Display will show "on" as a reminder that the power is still on.

4. Slide the grease catching Drip Tray under the front of the unit.
5. Use a pot holder to carefully open the lid and place the items to be cooked on the bottom grilling plate.



**Note:** If cooking with the BURST button, to receive the maximum benefit the food must be placed on the grill right away as the thermostat will automatically adjust to the preset temperature after 90 seconds. We do not recommend using the BURST button any other time during the cooking process.

6. Close the Lid and press the timer buttons to set the desired cooking time. The "+" button will increase the cooking time in 1 minute increments up to 20 minutes and the "-" button will decrease the cooking time by 1 minute increments. The Timer Display will show the selected time.
7. Allow the food to cook for the desired time. During grilling, the Timer Display will begin counting down. When the set time has elapsed, the unit will beep 4 times. Check the food and continue cooking if necessary.

**Note:** The unit will continue to heat until the appliance is turned off. If the unit is not turned off, it will automatically shut off after one hour. Do not leave the appliance unattended.

8. Turn the Temperature Control Knob to the OFF position to turn the appliance off. The Time and Temperature Displays will show dashes. Disconnect the plug from the wall outlet.

**CAUTION: To avoid any sparks at the outlet while disconnecting plug, make sure the power is off (Timer and Temperature Displays show dashes) before disconnecting the plug from the outlet.**

9. Use a pot holder to carefully open the lid.
10. When cool, the Drip Tray may be removed and emptied. **Be sure the liquid has cooled before removing Drip Tray.**

# Burst Cooking Chart

The following times are meant to be used as guidelines only. The times reflect a full grill of food and pressing the BURST button at the beginning of the preheat time. Times may vary due to the cut or 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, reset the timer and check periodically so you do not over cook.

<b>Food</b>	<b>Med/Rare (145°F)*</b>	<b>Medium Well (160°F)*</b>	<b>Well (170°F)*</b>
<b>When cooking the following items, set the temperature to 300°F.</b>			
Salmon Filet, 1" thick, 6 oz each	7-8 min.	9-10 min.	N/R
Salmon Steak, 1" thick, 10 oz each	6-8 min.	8-10 min.	N/R
Sea Scallops, 1" thick, 1 oz each	3-4 min.	4-5 min.	N/R
Shrimp, Split Shell, Med. Size 8 oz total	1 1/2-2 min.	2-3 min.	N/R
Sword Fish, 1" thick, 5 oz each	6-8 min.	8-10 min.	N/R
Tuna Steak, 3/4" thick, 6 oz each	4-5 min.	5-6 min.	N/R
White Fish 1/2" thick, 6 oz each	7-8 min.	8-10 min.	N/R
<b>When cooking the following items, set the temperature to 350°F.</b>			
Chicken Breast (boneless/skinless) 1 1/2" thick, 6-8 oz each	N/R	N/R	8-9 min.
Ham Steak, 3/4" thick 4 oz each	N/R	3-4 min.	5-6 min.
Hot Dogs (Jumbo) 1 lb. total	N/R	N/R	6-8 min.
Pork Chops (center cut), 1/2" thick, 6 oz each	N/R	6-7 min.	8-9 min.
Pork Tenderloin, 1/2" thick 2 oz each	N/R	3-4 min.	5-6 min.
Sausage Patties, 1/2" thick	N/R	N/R	5-7 min.
Turkey Burger, 3/4" thick 4 oz each	N/R	N/R	7-9 min.
Turkey Burger, 1" thick 8 oz each	N/R	N/R	10-12 min.

**\*Internal Food Temperatures**

**N/R - Not Recommended**



## Burst Cooking Chart (Cont.)

Food	Med/Rare (145°F)*	Med Well (160°F)*	Well (170°F)*
<b>When cooking the following items, set the temperature to 400°F.</b>			
Hamburgers, 3/4" thick, 4 oz each	N/R	6-7 min.	8-9 min.
Hamburgers, 1" thick, 8 oz each	N/R	9-10 min.	11-12 min.
Sausage Links	N/R	N/R	6-7 min.
<b>When cooking the following items, set the temperature to 425°F.</b>			
Filet Mignon, 2" thick 8 oz each	17-18 min.	2-21 min.	23-24 min.
NY/KC Strip, 3/4" thick 8 oz each	4-6 min.	6-8 min.	8-10 min.
NY/KC Strip, 1 1/4" thick 12 oz each	12-13 min.	13-14 min.	14-15 min.
Rib eye Steak, 3/4" thick 8 oz each	4-6 min.	6-8 min.	8-10 min.
Rib eye Steak, 1 1/4" thick 12 oz each	12-13 min.	13-14 min.	14-15 min.
T-bone Steak, 1" thick 12 oz each	6-8 min.	8-10 min.	10-12 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**

# Cooking Chart

The following times are meant to be used as guidelines only. 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, reset the timer and check periodically so you do not over cook.

<b>Food</b>	<b>Med/Rare (145°F)*</b>	<b>Med/Med Well (160°F)* OR Tender Crisp</b>	<b>Well (170°F)* OR Tender</b>
<b>When cooking the following items, set the temperature to 300°F.</b>			
Apples, halved Skin side down	N/R	11-13 min.	13-15 min.
Pineapple Slices (Fresh), 1/2" thick	N/R	5-7 min.	7-9 min.
Turkey Burgers (Frozen), 3/4" thick, 4 oz each	N/R	N/R	11-13 min.
Turkey Burgers (Frozen), 1" thick, 8 oz each	N/R	N/R	14-16 min.
<b>When cooking the following items, set the temperature to 350°F.</b>			
Asparagus Spears, small	N/R	4-5 min.	5-6 min.
Bell Peppers (Green, yellow, red) 1/2" slices	N/R	7-8 min.	8-9 min.
Chicken Breast (Frozen-boneless/skinless) 1 1/2" thick 6-8 oz each	N/R	N/R	12-14 min.
Mushrooms (Whole)	N/R	3-4 min.	5-6 min.
Onion Slices, 1/2" slices	N/R	7-9 min.	9-11 min.
Portabella Mushrooms, Whole 4-5" in diameter	N/R	3-5 min.	5-7 min.
Portabella Mushrooms, Whole 2-3" in diameter	N/R	2-4 min.	4-6 min.
Quesadillas, 6-8" flour tortilla Folded in half	N/R	N/R	4-6 min.
Zucchini slices, 1/2" slices	N/R	9-10 min.	10-12 min.

**\*Internal Food Temperatures**

**N/R - Not Recommended**

# Cooking Chart

Food	Med/Rare (145°F)*	Med/Med Well (160°F)* OR Tender Crisp	Well (170°F)* OR Tender
<b>When cooking the following items, set the temperature to 400°F.</b>			
Fajita Beef or Chicken, 1/2" thick slices	1 1/2-2 min.	2-2 1/2 min.	2 1/2-3 min.
Hamburger (Frozen), 3/4" thick 4 oz each	N/R	8-10 min.	10-12 min.
Hamburger (Frozen), 1" thick 8 oz each	N/R	14-16 min.	17-19 min.
Potato Wedges (Yukon Gold), 1/2- 3/4" thick	N/R	18-20 min.	20-22 min.
Reuben Sandwiches	N/R	N/R	4-5 min.
Sandwiches (Cheese, Ham, Turkey, Roast Beef)	N/R	N/R	3-5 min.
<b>When cooking the following items, set the temperature to 425°F.</b>			
Rib eye Steak (Frozen), 1 1/4" thick, 12 oz each	20-22 min.	22-24 min.	24-26 min.
T-bone Steak (Frozen), 3/4" thick, 16 oz each	7-9 min.	10-12 min.	12-14 min.
NY/KC Strip (Frozen), 3/4" thick, 8 oz each	6-8 min.	8-9 min.	9-11 min.
Rib eye (Frozen), 3/4" thick, 10 oz each	8-9 min.	9-10 min.	10-11 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

# 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.

**CAUTION: To avoid any sparks at the outlet while disconnecting plug, make sure the power is off (Timer and Temperature Displays show dashes) before disconnecting the plug from the outlet.**

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 then brush out the Hinge area with the Cleaning Brush. 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 wash 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 THE BODY OF THE APPLIANCE 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
<b>1. Can I cook frozen food on my George Foreman Grill?</b>	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.
<b>2. Why does the Power Light turn ON &amp; OFF?</b>	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.
<b>3. Can I cook kabobs on the George Foreman Grill?</b>	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.
<b>4. After cooking with garlic, how can I remove the smell of the garlic from the surface of my George Foreman Grill?</b>	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.
<b>5. How can I cook hot dogs on my George Foreman Grill?</b>	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.
<b>6. Can hash browns be prepared on my George Foreman Grill?</b>	Yes, self-browning hash browns can be prepared by preheating the Grill for 5 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.
<b>7. Any other cooking suggestions?</b>	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.

**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.

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