

GEORGE FOREMAN®

SMOKELESS GRILL SERIES

LET'S GET STARTED

- ♦ Plug in grill and turn dial to set your desired temperature
- ♦ The display light will turn green when ready to cook *(It will take approximately 6 minutes to preheat)*
- ♦ Place your food on the grill plates and close



TIPS & TRICKS

No Need to Use Oil

Grill plates are nonstick and ready to cook on

90 Sq. In. of Cooking Surface

Can fit 4-6 servings — enough to feed a family

No Need to Flip

Dual sided cooking plates speeds up the cooking process (up to 3x faster*)

Enjoy Full Flavor Without the Smoke

Check out the cooking chart on the back for chef approved cook times and temps

* ¼ lb. 80/20 ground beef to 160°F vs. the Power Smokeless Grill™ PG1500 with the lid off

QUICK GRILLING GUIDE



BEEF HAMBURGER (4 OZ)

Temp: 425°F

Grill time: 5-10 min.

Cooked to: 145°F



CHICKEN BREAST (4 OZ)

Temp: 425°F

Grill time: 4-8 min.

Cooked to: 165°F



STEAK (12 OZ)

Temp: 425°F

Grill time: 8-15 min.

Cooked to: 145°F



VEGETABLES

Temp: 375°F

Grill time: 3-5 min.

Cooked to: desired doneness

Chart is meant to be used as a guideline only. Cooking time will depend on the thickness of the food. To be sure your food is cooked, USDA recommends using a meat thermometer to test for doneness. Insert the meat thermometer into the thickest part of the meat until the temperature stabilizes.



TERIYAKI PORK MEDALLIONS

WITH CUCUMBER PINEAPPLE SALSA

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Servings: 6

Serving Size: 2 medallions

TERIYAKI MARINADE:

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|----------------------------|--------------------------------------------------------------------------------------------------------------|
| 1/4 cup soy sauce | 2 tsp minced garlic |
| 1/4 cup mirin | 1 tsp Asian chile garlic sauce or red pepper flakes |
| 3 Tbsp minced green onions | 2 Pork Tenderloins, |
| 2 Tbsp dry sherry | <i>about 3/4 pounds each, trimmed of excess fat and silver skin; cut into medallions about 1 inch thick*</i> |
| 2 Tbsp light brown sugar | |
| 2 tsp minced ginger | |

CUCUMBER-PINEAPPLE SALSA:

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|-----------------------------------|----------------------------------|
| 1 1/2 cups seeded, diced cucumber | 2 tsp sesame oil |
| 3/4 cup small diced pineapple | 1 1/2 tsp soy sauce |
| 4 green onions minced | 1 Tbsp toasted sesame seeds |
| Grated zest of 1 lime | 3 Tbsp minced cilantro |
| 1 1/2 Tbsp lime juice | 3/4 tsp Asian chile garlic sauce |
| 2 Tbsp seasoned rice vinegar | |

- 1. For the marinade:** combine the soy sauce, mirin, green onions, dry sherry, light brown sugar, ginger, garlic and chile sauce in a small bowl and whisk together.
- 2.** Put the pork medallions in a gallon storage bag and pour the marinade in. Refrigerate for at least 8 hours or overnight.
- 3.** In a large bowl, combine all the salsa ingredients. Mix thoroughly and refrigerate until needed.
- 4.** Preheat grill to 425F. Once preheated, place the pork medallions on the grill and cook for about 5 minutes or until a thermometer inserted into the thickest part reads 145F or above.
- 5.** Place on a plate and top with salsa.