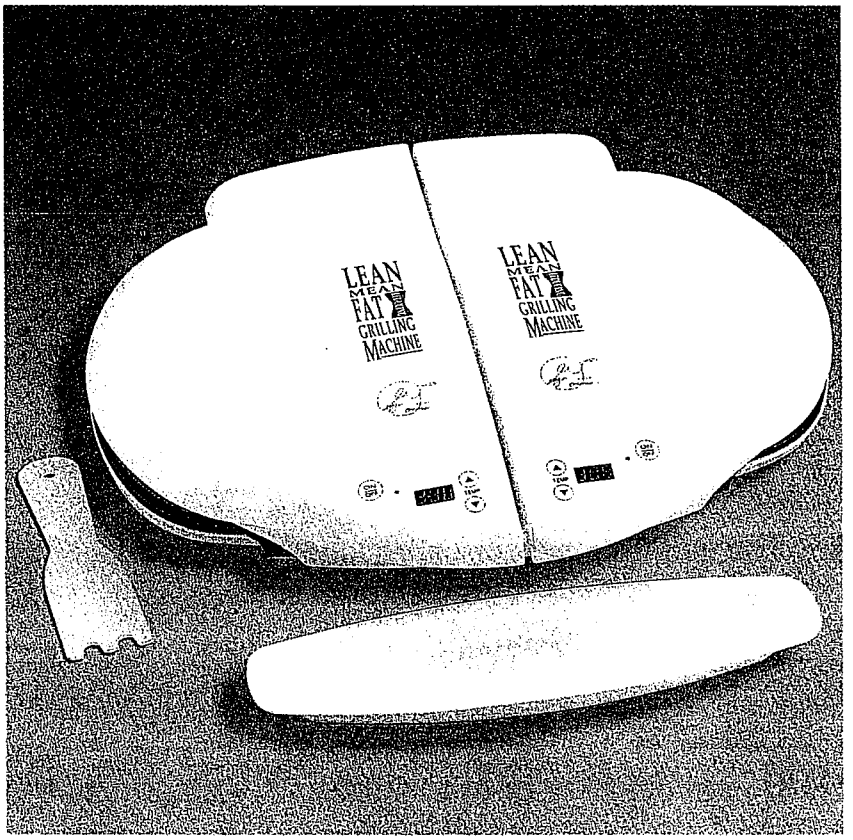
OWNER'S MANUAL

Model No. GR44VT

GEORGE FOREMAN™

LEAN MEAN FAT REDUCING GRILLING MACHINE!



salton®

IMPORTANT SAFEGUARDS

READ AND SAVE THESE INSTRUCTIONS

WARNING: A risk of fire and electrical shock exists in all electrical appliances and may cause personal injury or death. Please follow all safety instructions.

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions before using appliance.
2. Do not touch hot surfaces. Use handles or knobs and oven mitts or pot holders.
3. To protect against electric shock do not immerse cord, plugs, or cooking unit in water or other liquid.
4. Close supervision is necessary when any appliance is used near children.
5. This appliance is not for use by children.
6. 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.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner. Contact consumer service for return authorization, examination, repair or adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
9. Do not use outdoors or while standing in a damp area.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place on or near a hot gas or electric burner, or in a heated oven.
12. To disconnect, press ON/OFF buttons to OFF, then grasp plug and remove from wall outlet.
13. Do not use appliance for other than intended use.
14. 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.

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.**
9. ***CAUTION: When using only one side of the Grill be aware that the surface of the other side of the Grill will still generate heat. Always use pot holders or oven mitts to prevent injury to persons or property.***

Polarized Plug

This appliance has a **polarized plug** (one blade is wider than the other). As a safety feature to reduce the risk of electric shock, this plug is intended to fit in 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 defeat this safety feature.

Short Cord Instructions

A short power-supply cord is provided to reduce the risk of personal injury resulting from becoming entangled in or tripping over a longer cord. Extension cords are available from local hardware stores and may be used if care is exercised in their use.

If an extension cord is required, special care and caution is necessary. Also, the cord must be: (1) marked with an electrical rating of 125V, and at least 15A, 1875W, and (2) the cord must 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 accidentally.

Electric Power

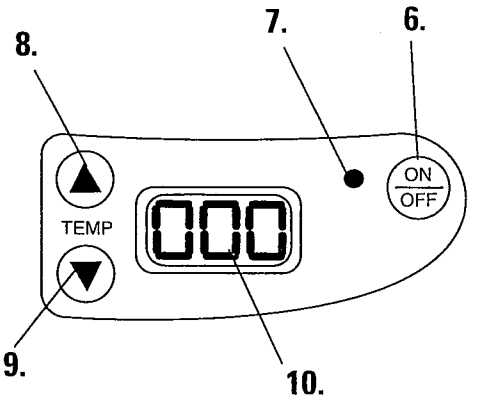
If the electric circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

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 GR44VT Grilling Machine

1. Grilling Machine Body
2. Grilling Machine Grilling Plates
3. Drip Tray (2) (P/N 20352)
4. Plastic Spatula (P/N 20147)
5. Cord
6. ON/OFF Button
7. Power On Indicator (LED)
8. Variable Temperature Up Button
9. Variable Temperature Down Button
10. Variable Temperature Display (LED)



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. Press the ON/OFF Button, the Power Light will go on indicating that the elements are heating. Each side of the Grill has separate heating elements, so if you are using both sides, the ON/OFF Button on each side must be pressed. Select desired temperature. Allow Grilling Machine to preheat for 5 minutes. Temperature will flash until temperature is reached. Once temperature is reached, unit will beep and display will stop flashing.
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 grilling 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 be on until the On/Off Button is pressed to turn the unit off. ***Do not leave appliance unattended during use!***
7. The Variable Temperature Control allows you to cook your food at a specific heat setting (300° -400°). Each side has an independent control, so you can cook at different temperatures on each side, or set each side to the same temperature, if so desired.
   Adjust the Variable Temperature Control to your desired temperature. See "Suggested Cooking Chart" on following page for specific details.
8. After the desired amount of time, the food should be done.
9. Press the ON/OFF Button to turn off the Grill. If both sides have been turned on, both ON/OFF Buttons must be pressed to the OFF position. 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 grilling plates.
12. When cool, the Drip Tray may be removed and emptied. **Be sure the liquid is cooled before removing Drip Tray.**

Suggested 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. If the food does need more time to cook, reset the timer and check periodically so you do not overcook.

	Rare 145°F*	Medium 160°F*	Well 170°F*
When cooking the following items, we recommend setting your Grilling Machine to 300°F:			
Salmon Filet, 1" thick, 4 oz each	6 min.	7 min.	
Salmon Steak, 1" thick, 10 oz each	8 min.	9 min.	
Sword Fish, 1" thick, 6 oz each	8 min.	9 min.	
Tuna Steak, 1" thick, 6 oz each	7 min.	9 min.	
White Fish, 1/2" thick, 6 oz each	5 min.	6 min.	
Turkey Burger, 3/4" thick, 4 oz each			8 min.
Turkey Burger, 3/4" thick, 8 oz each			12 min.
Frozen Turkey Burgers, 1" thick, 4 oz each			12 min.
Frozen Turkey Burgers, 1" thick, 8 oz each			15 min.
Sea Scallops, 1" thick, 1 oz each	3½ min.	4½ min.	
Shrimp, Split Shell, med. size, 1/2 lb.		4 min.	
When cooking the following items, we recommend setting your Grilling Machine to 350°F:			
Center Cut Pork Chops, 1/2" thick, 6 oz each		10 min.	11 min.
Pork Tenderloin, 1/2" thick, 2 oz each		5 min.	6 min.
Hamburger, 3/4" thick, 4 oz each		8 min.	9 min.
Hamburger, 3/4" thick, 8 oz each		9 min.	10 min.
Frozen Hamburger, 3/4" thick, 4 oz each		12 min.	13 min.
Frozen Hamburger, 1" thick, 8 oz each		15 min.	16 min.
Chicken Breast (boneless/skinless)1½" thick, 6-8 oz each			9 min.
Frozen Chicken Breast (boneless/skinless) 1½" thick, 6-8 oz each			13 min.
Chicken Breast bone-in (up to 2½" thick)			23 min.
Link Sausage		5 min.	7 min.
Sliced Sausage (1/2" thick)		6 min.	7 min.
When cooking the following items, we recommend setting your Grilling Machine to 400°F:			
Fajita Beef (½" thick slices)	1½ min.	2 min.	2½ min.
T-Bone Steak, 3/4" thick, 12 oz each	4 min.	5 min.	6 min.
Frozen T-Bone, 3/4" thick, 12 oz each	6 min.	7 min.	8 min.
NY/KC Strip Steak, 1" thick, 8 oz each	5 min.	6 min.	7 min.
Frozen NY/KC Strip Steak, 1" thick, 8 oz each	10 min.	11½ min.	13 min.
Ribeye Steak, 1" thick, 12 oz each	6 min.	7½ min.	9 min.
Frozen Ribeye Steak, 1" thick, 10 oz each	10½ min.	11½ min.	12½ min.
Onions and Peppers (brush with olive oil)		8½ min.	15 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**

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 appliance repair technician.
9. Make sure to hold the top cover (Lid) by hand while cleaning to prevent accidental closing and injury.

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 nine 2-inch wide patties.
- Preheat the Grilling Machine to 300° F and place the patties on the grill nine 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 to 350° F and place the patties on the grill eight at a time. Close the Lid.
- Cook for 4 - 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.

1/2 cup chopped vegetables such as yellow onions,
green onions, zucchini, parsley (can be sautéed)
1/2 cup seasoned bread crumbs
1 1/2 lbs. 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 eight 4-inch wide patties.
- Preheat the Grilling Machine to 350° F for 5 minutes and place the patties on the grill four to eight at a time. Close the Lid.
- Cook for 8 - 9 minutes or until the meat is no longer pink and the juices run clear, turning once.
- Yield: Serves 8

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 to 400° F. 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 1 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 to 350° F.
- Close Lid and cook for 7 - 9 minutes for medium (a hint of pink in the middle) and 11 minutes for well done.
- Serve immediately
- Yield: Serves 4

Mustard Lemon Chicken Breast

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 to 350° F.
- Place marinated chicken on Grilling Machine and close Lid. Let cook for 8 - 9 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 to 350° F.
- 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 5 - 6 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 - 8 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 to 400° F.
- Place the marinated strip steaks onto the preheated grill. Close the Lid.
- Grill for 6 minutes, open grill, add the rest of the marinade sauce to the top of the steaks. Close the Lid.
- Grill for 1 - 2 minutes, 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 to 350° F.
- 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.

NOTE: For additional recipes you can order "The George Foreman Lean Mean Fat Reducing Grilling Machine Cookbook", item number "GR150".

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. 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.
3. 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.
4. How can I cook hot dogs on my George Foreman Grill?	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.
5. Can hash browns be prepared on my George Foreman Grill?	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.
6. Can I cook different foods, such as fish and steak, at the same time?	Yes. Each side of the grill can be set to the appropriate temperature for that particular food.
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.

LIMITED ONE YEAR WARRANTY

Warranty: This George Foreman™ product is warranted by Salton, Inc. to be free from defects in materials or workmanship for a period of (1) year from the original purchase date. This product warranty covers only the original consumer purchaser of the product.

Warranty Coverage: This warranty is void if the product has been damaged by accident in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel, normal wear and tear, improper assembly, installation or maintenance abuse or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished with the product or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Implied Warranties: ANY IMPLIED WARRANTIES WHICH THE PURCHASER MAY HAVE ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE DATE OF PURCHASE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at our option) when the product is returned to the Repair Center, or the purchase price refunded. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair: Should the appliance malfunction, you should first call toll-free 1 (800) 233-9054 between the hours of 9:00 am and 5:00 pm Central Standard Time and ask for CONSUMER SERVICE stating that you are a consumer with a problem. Please refer to model number GR44VT when you call.

In-Warranty Service (USA): For an appliance covered under the warranty period, no charge is made for service or postage. Call for return authorization (1 800 233-9054).

Out-of Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include $10.00 (U.S.) for return shipping and handling. We will notify you by mail of the amount of the charge for service and require you to pay in advance for the repair or replacement.

For Products Purchased in the USA, but Used in Canada: You may return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the USA address listed below. Please note that all customs duty / brokerage fees, if any, must be paid by you and we will require you to pay the cost of customs duty / brokerage fees to us in advance of our performing any service.

Risk During Shipment: We cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem, your full return address and daytime phone number, a note describing the problem you experienced, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

To return the appliance, ship to:

Attn: Repair Center
Salton, Inc.
708 South Missouri Street
Macon, MO 63552

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

Salton, Inc.
P.O. Box 1526
Columbia, MO 65205-1526
1(800) 233-9054
Email: Salton@Saltonusa.com

Limitation of Remedies: No representative or person is authorized to assume for Salton, Inc. any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to negligence, gross negligence, strict liability, breach of warranty and breach of contract. Repair, replacement or refund shall be the sole remedy of the purchaser under this warranty, and **in no event shall Salton be liable for any incidental or consequential damages, losses or expenses**. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

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