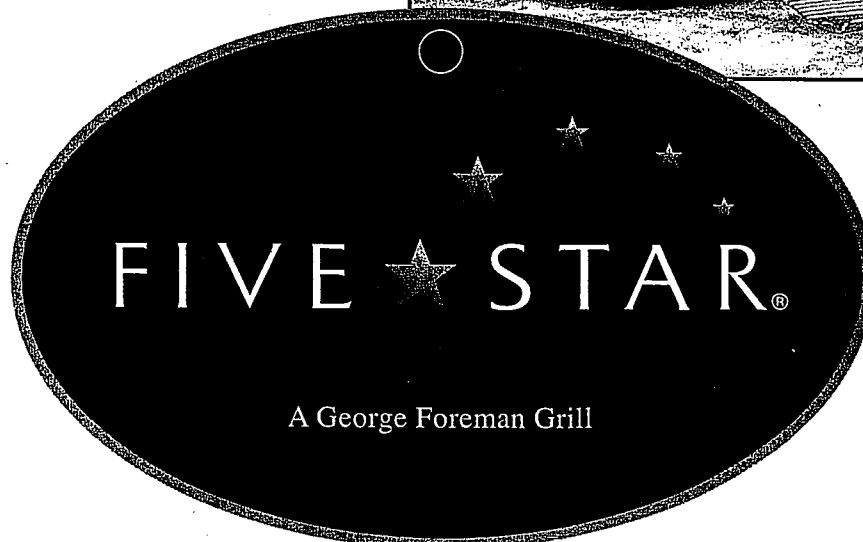
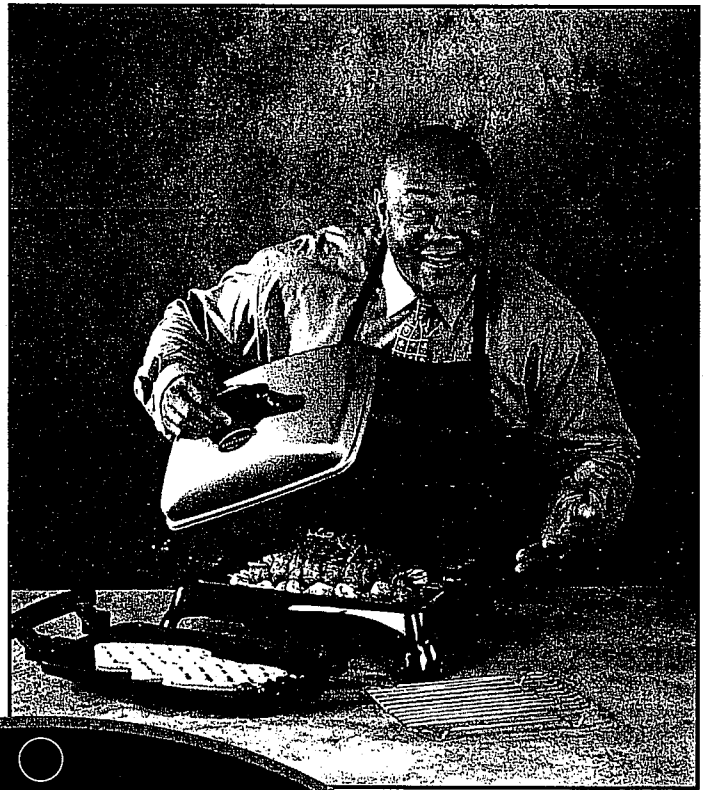


OWNER'S MANUAL

Model No. GR55

GEORGE FOREMAN'S®



Important Safeguards

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

1. Read all instructions carefully.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse Cord, Plug, or Temperature Control Probe in water or any 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 completely 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 is dropped or damaged in any manner. Contact consumer service for return authorization.
7. The use of attachments not recommended by the manufacturer may cause a risk of injury to persons.
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, grease, or other hot liquids.
12. Always attach Temperature Control Probe to appliance before plugging cord into wall outlet. To disconnect, turn Temperature Control Probe to "OFF", then remove plug 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

WARNING: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, other injury to persons or damage to property.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance.
2. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. ***Do not reach into the water!***
3. The Temperature Control Probe is designed to yield precise results. Use care not to drop, hit, or impact it against hard surfaces.
4. To reduce the risk of fire, do not leave this appliance unattended during use.
5. Provide adequate air space around all sides of the appliance during use. Do not operate this appliance while it is touching curtains, wall coverings, clothing, dish towels, or other flammable materials.
6. Do not place hands or other items over Steam Vent Hole in Lid during operation. Burns or other injuries may occur.
7. This is an electric grill. ***Do not use charcoal, lighter fluids or any type of gas in combination with this Grill. Do not use outdoors.***
8. This appliance is hot during operation and retains heat for some time after being switched off. Do not touch hot surfaces. Always use oven mitts when handling hot materials.
9. Make sure to place hot Grill Pan or hot Steamer/Stir Fry Pan on a heat resistant surface (such as a trivet or hot pads).
10. Use only the Temperature Control Probe (P/N 21035) supplied with this product. Using any other type of Temperature Control Probe may cause fire, electric shock, or injury.
11. Use extreme caution when disposing of hot grease from Drip Tray/Base.

Grounded-type Plug

This appliance is equipped with a grounded-type 3-wire cord (3-prong plug). This plug will only fit into an electrical outlet made for a 3-prong plug. This is a safety feature. If the plug should fail to fit the outlet, contact an electrician to replace the obsolete outlet. Do not attempt to defeat this safety feature.

Short Cord Instructions

A short power supply cord has been provided. This will reduce the risk of the cord becoming entangled in or tripped over when in use.

If an extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so it will not drape over the countertop or tabletop surface where it can be pulled on by children or tripped over unintentionally.

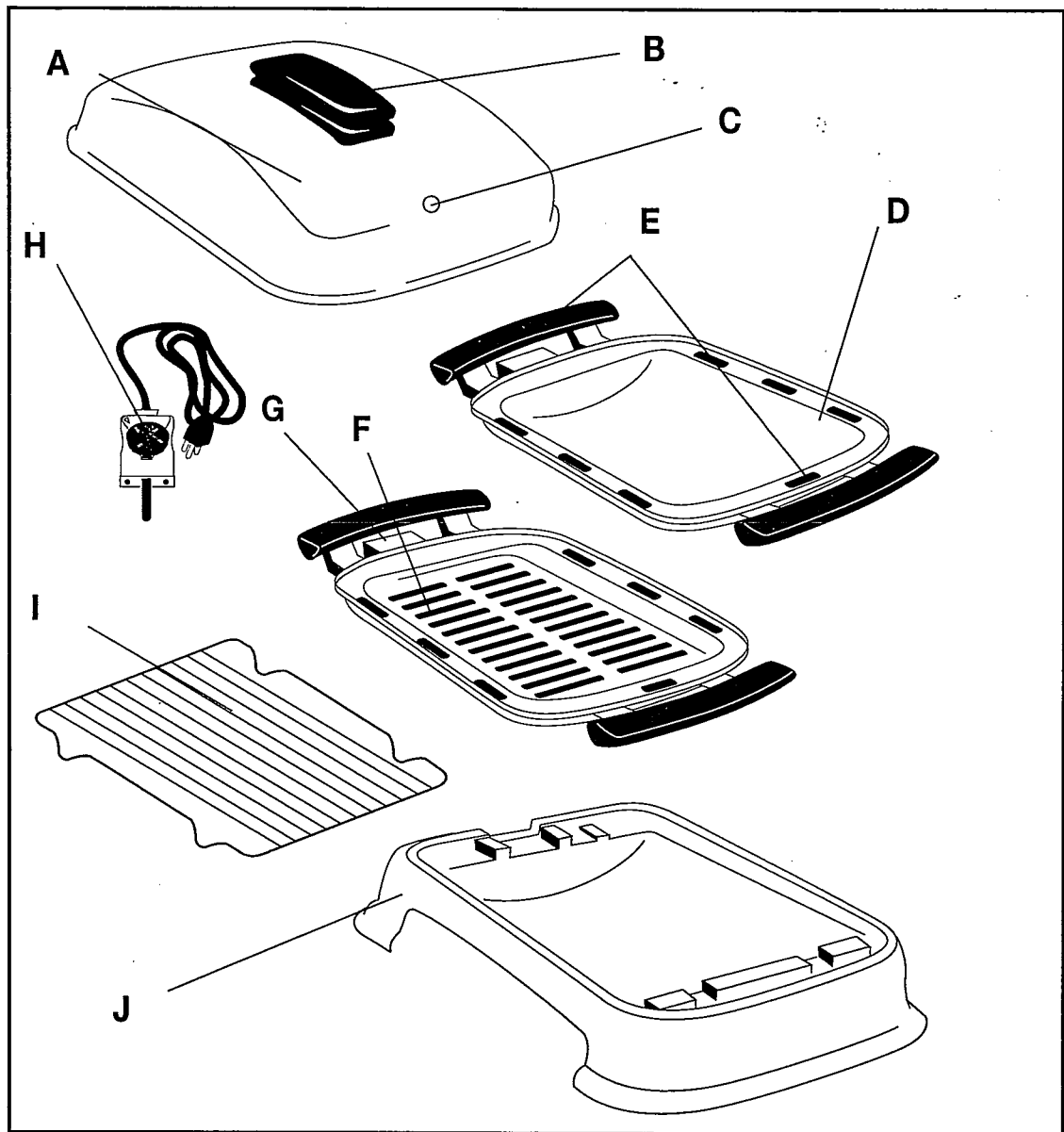
CAUTION:

This appliance is for HOUSEHOLD USE ONLY. Any servicing other than cleaning and user maintenance should be performed by the repair department. Contact consumer service for return authorization.

CAUTION: To prevent Plasticizers to migrate from the finish of the counter top or table top or other furniture, place **NON-PLASTIC** coasters or place-mats 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 George Foreman Five-Star Grill



- | | |
|--|---|
| A. Lid (P/N 21118) | G. Probe Receptacle |
| B. Lid Handle (P/N 21104) | H. Temperature Control Probe with Cord (P/N 21035) |
| C. Steam Vent Hole | I. Wire Rack (P/N 21040) |
| D. Steamer/Stir Fry Pan (P/N 21037) | J. Drip Tray/Base (P/N 21036) |
| E. Handles (P/N 21109) | |
| F. Slotted Grill Pan (P/N 21038) | |

Introduction

Congratulations on your purchase of the George Foreman Five-Star Grill. Your Five-Star Grill offers **FIVE** different cooking methods in **ONE** convenient appliance! With its unique, revolutionary design, you can cook a variety of foods the healthy, low-fat way!

There are three interchangeable cooking surfaces: The Slotted Grill Pan, the Steamer/Stir Fry Pan, and the Wire Rack. The Slotted Grill Pan and Steamer/Stir Fry Pan are unique in that they can be used so the Pan goes down into base—"deep" side—see Figures 1 and 3; or, so the Pan is turned over on the Drip Tray/Base and the curved side points up—"arched" side—see Figures 2 and 4. As an added advantage, the "arched" side method (Figures 2 and 4) allows fat and grease to drip down through the side holes.

- The Steamer/Stir Fry Pan is a wok/trencher/roaster all in one! Start by sautéing, stir frying, or dry frying all of your favorite vegetables, meats, or grains! The high heat and unique shape means crisp, perfectly stir-fried meals! Or, you can simply drop in the Wire Rack and you've created the perfect vegetable or fish steamer. Use the Lid to keep all those juices locked inside! You can also flip over Steamer/Stir Fry Pan to the "arched" side (see Figure 2) to cook sausage, hot dogs, etc. and the perfect set of baby back ribs!
- Use the Slotted Grill Pan to grill all your favorite foods—like well-trimmed steaks, lean hamburger patties, lamb, pork roast, etc.—right from the convenience of your kitchen! Use the Slotted Grill Pan "arched" side up (see Figure 4) to cook bacon, flank steak, and chicken, etc.

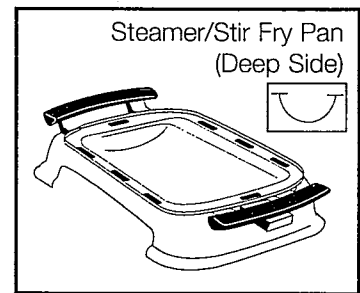


Figure 1

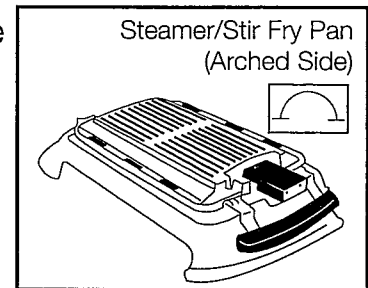


Figure 2

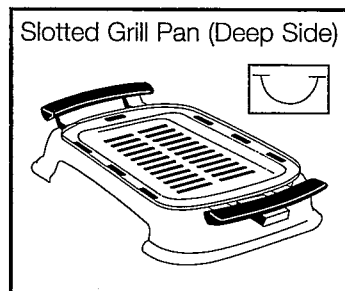


Figure 3

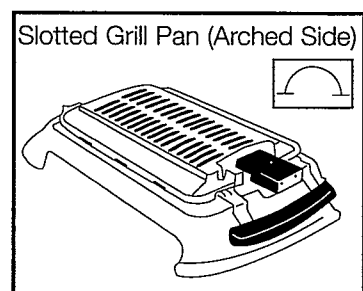


Figure 4

Introduction (Cont.)

All cooking methods feature a revolutionary design which maximizes your ability to "knock out the fat" while cooking your favorite foods. And, you can use the Lid to keep all of those tasty juices locked inside for a slow-roasted alternative using the Slotted Grill Pan or a steamed effect with the Steamer/Stir Fry Pan!

Use the adjustable Temperature Control Probe to choose the cooking temperature that is right for your cooking needs—from 125°F to 450°F.

Use your George Foreman Five-Star Grill to cook a vast variety of foods—from grilling to steaming—right in the comforts of your kitchen! By being able to interchange the cooking surfaces, you can cook almost any food with this single appliance!

Before Using for the First Time

CAUTION: Do not immerse Cord, Temperature Control Probe, or Plug into water or any other liquid.

1. Wash Wire Rack, Drip Tray/Base, and Lid in warm, soapy water. Rinse thoroughly and dry all parts.
2. Wash the Slotted Grill Pan and Steamer/Stir Fry Pan by carefully rinsing the coated surface with warm, soapy water. Wipe clean with a soft, damp cloth. If necessary, you may submerge the pan in water, but use care not to submerge the end of the Pan which houses the Probe Receptacle. Rinse Pans well and dry thoroughly.
3. Wipe Temperature Control Probe with a damp cloth. Dry thoroughly with a soft cloth.

Instructions for Use

Assembling the Five-Star Grill

1. Decide whether you will first be cooking with the Slotted Grill Pan (shown in Figures 5 and 6) or the Steamer/Stir Fry Pan.
2. Place the Drip Tray/Base on a stable surface, like a counter or dining table.

3. Note the large cut-out in the side of the Drip Tray/Base. Carefully place the Slotted Grill Pan or Steamer/Stir Fry Pan into the Base so that the probe receptacle fits into the cut-out in the Base. See Figure 5.

NOTE: If you wish to use either the Slotted Grill Pan or the Steamer/Stir Fry Pan in an "arched" side manner, turn Pan over and place Handles (upside down) into cut-outs in sides of Base. See "Introduction" and Figures 2 and 4.

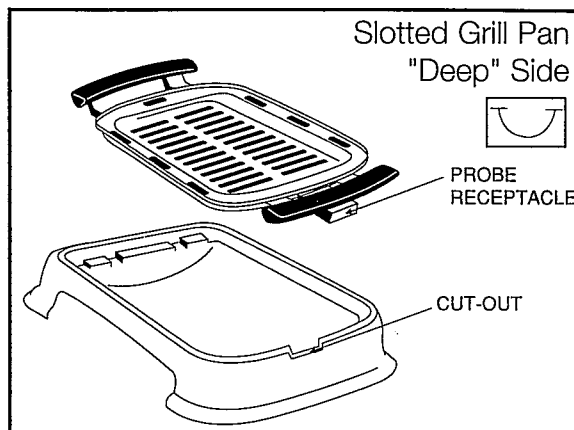


Figure 5

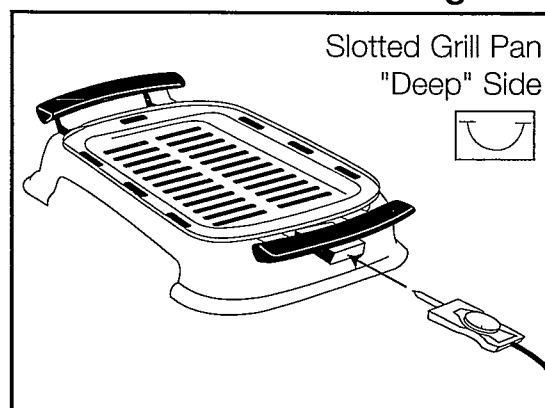


Figure 6

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.

NOTE: The specific Pan **MUST** be inserted into or onto the Drip Tray/Base prior to inserting the Temperature Control Probe.

4. Be sure Dial on Temperature Control Probe is on the "OFF" (the "OFF" on Dial aligns with arrow on Control) and firmly push Probe into the Probe Receptacle on the side of the Slotted Grill Pan or Steamer/Stir Fry Pan. See Figure 6.

NOTE: The Temperature Control Probe will fit and operate properly whether the Pan is in a "deep" side or "arched" side position (see "Introduction" and Figures 1-4). Always arrange Temperature Control Probe so Dial faces "up" during use.

Instructions for Use (Cont.)

Cooking with the Five-Star Grill

CAUTION: To avoid injury to persons and damage to the appliance, do not use the the Slotted Grill Pan or Steamer/Stir Fry Pan in an unstable position. Never attempt to use either Pan without the Drip Tray/Base.

1. Assemble Grill as detailed in "Assembling the Five-Star Grill." If desired, you may pour about 1/2 cup of water into the bottom of the Drip Tray/Base. This will ease cleaning and prevent grease from building up on the bottom of the Base.
2. Plug Cord into a standard 3-prong, grounded-type outlet.
3. Turn Dial on Temperature Control Probe to desired cooking temperature. A heating light on the Temperature Control Probe will turn on as the Five-Star Grill is heating.
4. Allow Grill to pre-heat for approximately 4-8 minutes. When the Grill has preheated to the selected temperature, the heating light will turn off.
5. Place foods to be cooked directly onto the Slotted Grill Pan or Steamer/Stir Fry Pan. (See "Introduction" for specific details.)

If desired, use the Wire Rack with the Steamer/Stir Fry Pan. Set Rack into holes in side of Steamer/Stir Fry Pan as shown in Figure 7.

NOTE: Use Rack with Steamer/Stir Fry Pan in the "deep" side position only!

Pour water in the bottom of the Steamer/Stir Fry Pan and add your favorite spices for gently infused foods.

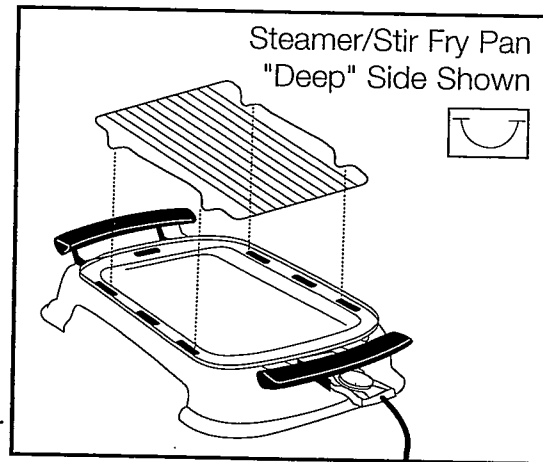


Figure 7

When cooking or turning foods, use a long plastic spatula or similar utensil to stir or turn food as it cooks.

CAUTION: Do not use metal or sharp-edged utensils, as these can damage the non-stick surface of the Pan. Do not leave any plastic utensils on the Pan surface while it is plugged in or hot.

Instructions for Use (Cont.)

Cook foods with the same cooking temperature at one time. Do not crowd cooking surface. If desired, move cooked foods off the cooking surface, adjust the Dial on the Temperature Control Probe to a higher or lower setting, and cook additional foods. You can also turn either Pan over to cook additional foods. Or, you may switch the cooking surface after completing cooking with the Slotted Grill Pan or Steamer/Stir Fry Pan. But, when switching the cooking surface, use care not to place the hot Slotted Grill Pan, Wire Rack, or hot Steamer/Stir Fry Pan onto an unprotected surface. Be sure to use oven mitts when handling hot parts!

6. When finished cooking, turn Dial on Temperature Control Probe to "OFF." Then, unplug from wall outlet and allow all parts to cool thoroughly.

CAUTION: Do not touch hot surfaces! Use caution when serving hot foods. Allow the appliance to cool before cleaning.

7. After the appliance has cooled, gently remove the Temperature Control Probe from the Probe Receptacle. Remove the Pan from the Drip Tray/Base. See "User Maintenance Instructions" to clean the appliance.

PLEASE NOTE: The USDA recommends that meats such as beef, pork, lamb, etc. 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, Listeria and Ecoli, has been killed. When reheating meat/poultry products, they should also be cooked to an internal temperature of 165°F.

User Maintenance Instructions

WARNING: To avoid electric shock, unplug from outlet when not in use and before cleaning. Use care not to fully submerge Probe Receptacle during cleaning.

1. Before cleaning, unplug the appliance from the wall outlet and allow to cool completely.
2. Gently remove the Temperature Control Probe from the Probe Receptacle prior to disassembling. ***NEVER IMMERSE OR RINSE THE TEMPERATURE CONTROL PROBE IN WATER OR ANY OTHER LIQUID!*** Carefully wipe the Temperature Control Probe with a damp cloth. Dry the Temperature Control Probe with a dry, soft cloth or paper towel.
3. Remove the Slotted Grill Pan or Steamer/Stir Fry Pan from the Base.

CAUTION: Do not immerse the Cord, Plug, or Temperature Control Probe in water or any other liquid.

CAUTION: Do not use steel wool, coarse scouring pads or harsh or abrasive cleansers to clean the Grill parts. If necessary, use a nylon bristle brush to loosen hardened food particles.

CAUTION: Parts are not dishwasher safe. Do not place ANY parts in dishwasher.

Clean the Pans by carefully rinsing the coated surface with warm, soapy water. Wipe clean with a soft, damp cloth. If necessary, you may submerge the pan in water, **but use care not to submerge the end of the Pan which houses the Probe Receptacle.** Rinse well and dry all parts thoroughly.

4. Wash Lid and Base in warm water and a mild detergent. Rinse well and dry thoroughly.

RECIPES

Grilled Tuna Steaks with Parsley-Garlic Butter

(Serves 4)

Parsley-garlic butter:

1/2 cup (1 stick) unsalted butter, softened

1 teaspoon fresh garlic, minced

2 tablespoons fresh lemon juice

1/4 cup roughly chopped parsley

Tuna steaks:

2 tablespoons kosher salt

1 cup freshly cracked black pepper

Four 8-ounce tuna steaks, about 2-3 inches thick

2 tablespoons olive oil

- In a small bowl, combine butter, garlic, lemon juice and parsley. Mix well. Cover and refrigerate.
- In a second bowl, combine the salt and pepper and mix well. Press the tuna steaks into the mixture to coat on all sides. Drizzle the tuna lightly with olive oil and grill at 325°F on Slotted Grill Pan for 4-5 minutes per side (for medium rare). To check for doneness cut into one of the steaks and check to see that it is just a bit translucent at the center.
- Remove the tuna from the Slotted Grill Pan and serve with a large spoonful of the parsley-garlic butter on top of each steak.

Grilled Swordfish Skewers

(Serves 2 as an entrée or 4 as appetizers)

This is great as an entrée accompanied by arugula, grilled asparagus and grilled eggplant

Rub:

3 tablespoons olive oil

1 1/2 tablespoons ground cumin

1 tablespoon fresh garlic, minced

1/4 cup fresh oregano or parsley, roughly chopped

2 teaspoons salt

2 teaspoons freshly cracked black pepper

Fish:

1 pound swordfish, cut into 1-inch chunks (about 12 chunks)

2 small red onions, peeled and cut into eighths

2 tablespoons olive oil

1 lemon, quartered

- Combine all ingredients for the rub (olive oil, cumin, garlic, oregano or parsley, salt and freshly cracked pepper) and mix well.
- Thread the swordfish and red onions alternately onto skewers and sprinkle with the rub. Place the skewers on the Slotted Grill Pan at 325°F and cook for 6-7 minutes on each side, or until cut inside shows that the fish is opaque all the way through and flakes easily at the touch of a utensil. Remove from Slotted Grill Pan. Sprinkle with olive oil and serve with lemon wedges (for squeezing).

Grilled Pork Chops with Fresh Tomato-Pepper Relish

(Serves 4)

4 center-cut pork loin chops, 1 1/2-inches thick each

Marinade:

- 1 tablespoon olive oil
- 1 teaspoon red wine vinegar
- 2 medium garlic cloves, minced
- 1 teaspoon crumbled, dried thyme

Fresh Tomato-Pepper Relish:

- 8 Roma tomatoes, chopped
- 1 white onion, minced
- 1 large yellow bell pepper, cored, seeded and chopped
- 1 tablespoon fresh flat-leaf parsley, chopped
- 2 teaspoons olive oil
- 2 teaspoons white wine vinegar
- 1 teaspoon balsamic vinegar
- salt, to taste
- ground white pepper, to taste

- Prepare marinade.
- Place the pork chops in one layer in a shallow non-aluminum container. Mix together the marinade ingredients and pour over the pork chops. Marinate pork chops for 30 minutes to 2 hours in the refrigerator.
- While the Slotted Grill Pan is heating, prepare the relish. In a medium glass bowl, combine all relish ingredients and let sit at room temperature, until the pork chops are ready to serve. Stir the relish once or twice during this period.
- Heat Slotted Grill Pan to 325°F. Sear the pork chops for 4 minutes on each side. Baste the chops with the marinade, turn, cover the Slotted Grill Pan with the Lid and cook the chops for 3

minutes; then, baste and turn the chops again. Cover the Slotted Grill Pan with the Lid and cook the chops for another 3 minutes, or until an instant-read thermometer inserted in the center of a chop reads 160°F.

- Transfer the chops to a serving plate or individual plate and let sit for 5 minutes. Place a serving of relish alongside each chop and serve.

Aromatic Grilled Halibut

(Serves 4)

1/3 cup fresh cilantro, chopped
1/3 cup fresh parsley, chopped
1 large garlic clove, minced
2 teaspoons sweet paprika
1/2 teaspoon ground coriander
1/2 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1/4 cup fresh lemon juice
3 tablespoons olive oil
4 halibut steaks, 1 inch thick each
salt, to taste

Optional: fresh squash

- In a food processor, make the marinade by combining the cilantro, parsley, garlic, paprika, coriander, cumin, cayenne and lemon juice. While the machine is running, add the olive oil.
- Spread half of the marinade in a shallow dish just large enough to hold the steaks in one layer. Add halibut steaks and pour the remaining marinade over. Cover tightly and marinate in the refrigerator for 1-2 hours.
- Remove the steaks from the refrigerator. Heat the Slotted Grill Pan to 350°F. Remove the steaks from the marinade and season lightly with salt. Grill the fish just until opaque throughout and it flakes easily at the touch of a utensil, 4-5 minutes per side. Serve with grilled squash.

ONE-YEAR LIMITED WARRANTY

This Salton, Inc. product warranty extends to the original consumer purchaser of the product.

Warranty Duration: This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

Warranty Coverage: This product is warranted against defective materials or workmanship. 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 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 by Salton, Inc., 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.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and 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 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.

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 Salton, Inc. option) when the product is returned to the Salton, Inc. facility. 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

If service is required, you should first call toll-free 1-800-233-9054 **between the hours of 8:00 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 #GR55 when you call.

In-Warranty Service: For an appliance covered under the warranty period, no charge is made for service or postage. Call Consumer Service at the above number for return authorization.

Out-of-Warranty Service: A flat rate charge by model is made for Out-of-Warranty service. Please include \$15.00 (U.S.) for return shipping and handling.

Salton, Inc. 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 name and return address and daytime phone number; a note describing your problem, **a copy of your sales receipt or other proof of purchase to determine warranty status**. C.O.D. shipments cannot be accepted.

Return the appliance to:

ATTN: Repair Department
Salton, Inc.
708 South Missouri St.
Macon, MO 63552-1343

For more information on Salton, Inc. products visit our website:

<http://www.salton-maxim.com>, or you can E-Mail us at: salton@saltonusa.com

1. The first part of the report is a general introduction to the project.

2. The second part of the report is a detailed description of the methodology used.

3. The third part of the report is a detailed description of the results of the study.

4. The fourth part of the report is a detailed description of the conclusions of the study.

5. The fifth part of the report is a detailed description of the conclusions of the study.

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