

OWNER'S MANUAL
Model No. GRP100 Series

GEORGE FOREMAN®

**LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE**

George Foreman



THE NEXT GRILLERATION

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, plug, 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, turn Temperature Control to Low (L), and turn Time Control to Zero(0). 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.*

CAUTION: *The lid should always be closed during operation. Do not attempt to use it in the open position while cooking or grilling.*

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.
8. Do not tilt grill while cooking or when the grill is hot or the grill is open.

Plasticizer Warning

CAUTION: To prevent Plasticizers from migrating from the finish of the countertop or tabletop or other furniture, place **NON-PLASTIC** coasters or placemats between the appliance and the finish of the countertop or tabletop.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

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.

Polarized Plug

If 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.

Grounded 3-Conductor Plug

If this appliance is equipped with a **grounded-type 3-wire cord** (3-prong plug) the 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.

Electric Power

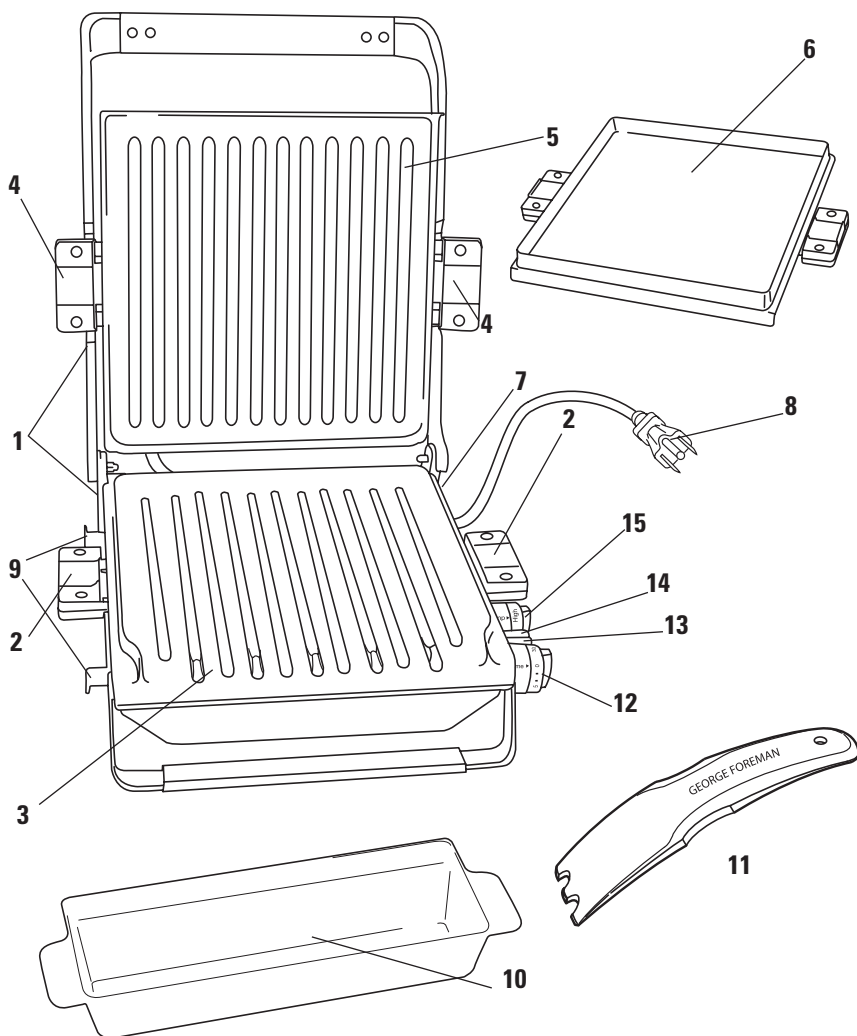
Do not overload the electrical circuit with other appliances. Operate this appliance on a separate electrical circuit.

NOTE ON TIMER USE: To set the timer for less than 10 minutes, turn to 10 and then turn back to the appropriate amount of time.

IMPORTANT

- A. **Make sure that BOTH Release Handles of the Grilling Plates are properly latched and secured on the Grilling Machine Body before use.**
- B. **Make sure that the cooking plates are pre-heated per instructions, before placing food on plates.**
- C. **Do NOT cook frozen foods without pre-heating the cooking plates, per instructions.**
- D. **Do NOT operate the grill in the open position.**

Getting To Know Your GRP100 Grilling Machine



- | | |
|------------------------------------|------------------------------------|
| 1. GRP100 Appliance Body | 9. Cord Holder |
| 2. Lower Plate Release Handles | 10. Drip Tray (P/N22883) |
| 3. Grilling Plate Lower (P/N22880) | 11. Plastic Spatula (P/N22545) |
| 4. Upper Plate Release Handles | 12. Timer |
| 5. Grilling Plate Upper (P/N22881) | 13. Power Light (red) |
| 6. Sauté Plate (P/N22882) | 14. Indicator Light (green) |
| 7. Plate Position Lock Lever | 15. Adjustable Temperature Control |
| 8. Cord | |

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 and Sauté Plate with a damp cloth to remove all dust. Make sure both Grilling Plates are firmly attached to the appliance. Make sure that BOTH Release Handles of the Grilling Plates are properly latched and secured on the Grilling Machine Body before use.
2. **Attach the Grilling Plates or Sauté Pan:** The GRP100 has 3 Plates—1 Lower Grilling Plate, 1 Upper Grilling Plate and 1 Sauté Plate. Securely attach the Plates in the appropriate spot using the Release Handles on each side of the Plates. The Sauté Plate and Lower Grilling Plate should only be attached to the lower base of the appliance. The Upper Grilling Plate should only be attached to the upper base of the appliance. Use the Plate Position Lock Lever in either DOWN, locked position or UP, unlocked position*. The down locked position is for sloped cooking and grilling. The up, unlocked position is for level cooking of food, sautéing, griddling or baking.
* Refer to page 11 for illustration of grilling positions.
Note: When attaching the Plates, carefully and securely attach each into the appliance using the Release Handles on the Plates only when plates are cool.
3. Always use a pot holder to carefully open and close the Lid.
4. Slide the liquid-catching Drip Tray under the front of the unit .
NOTE: To set the timer for less than 10 minutes, turn to 10 and then turn back to the appropriate amount of time.
5. **To Preheat:** Close the Lid and plug the cord into a 120V AC outlet. Turn the Adjustable Temperature Control to Low, Medium or High temperature as desired. Medium-High can be achieved by placing the dial between the Medium and High settings. Turn the timer between 7-10 minutes. The Power Light (red) will illuminate. See the **Suggested Cooking Chart** for specific temperature settings. When the appliance is preheated, the Indicator Light (green) will come on. **Note:** When the correct temperature is reached for preheating, both the Power Light (red) and the Indicator Light (green) will illuminate. If the Timer elapses to Zero(0) both the Power and Indicator Lights will turn off.
6. Carefully place or pour the food to be cooked on the lower Plate.
7. **Timer:** When you have placed the food on the grill, set the Timer to the appropriate number of minutes for appropriate cooking time. The Timer will ring when done cooking and the Power Light will turn off. Using a pot holder, open the Lid and check the food. If food has not reached the desired doneness, reset the Timer for additional minutes.
8. Do not leave the unit unattended during use!
9. When the food is done, turn the Timer off. Disconnect the plug from the wall outlet. **CAUTION:** To avoid any sparks at the outlet while disconnecting the plug, make sure the Power light is off before disconnecting the plug from the outlet.
10. Remove the food using the Plastic Spatula provided. Be sure to always use either plastic or wooden utensils to avoid scratching the nonstick surface of the Plates. Never use metal tongs, forks or knives as these can damage the coating on the Plates.
11. When cool, the Drip Tray may be removed and emptied. **Caution:** Be sure the liquid has cooled before removing the Drip Tray.
12. **Caution:** Do not remove or change the Plates while the unit is hot. The appliance must cool completely before removing or changing the Plates.

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 is off and Red power light is off) 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. Run off will drip into the Drip Tray. Wipe the plates with an absorbent paper towel or sponge.
3. Empty the Drip Tray and wash with warm soapy water. The Grilling Plates may be removed from the appliance by pulling out on the Grilling Plate Release Handles. Wash in warm, soapy water and dry thoroughly. Reinstall the Grilling Plates, making sure they are securely attached to the appliance. The removable Grilling Plates are also dishwasher safe.

After washing the plates in the dishwasher, wipe the uncoated side with a dry towel to prevent discoloration. Dishwasher detergent may cause oxidation on the uncoated side of the cooking plate. This is not harmful and can be wiped off with a damp towel.

4. **Stubborn build-up:** Use a non-metallic scrubbing pad to clean the plates.
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 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.

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 meat does need more time to cook, reset the timer and check periodically so you don't over cook.

Make sure grill is preheated before cooking

Food	Minutes	Setting	Notes
Beef, Lamb, Pork			
Beef flank steak	6-8	Med-High	sliced thinly
Beef hamburger, 4 oz.	4-5	Med-High	
Beef kebabs	5-7	Med-High	1-inch pieces
Beef rib eye	6-7	High	
Beef tenderloin	4-6	High	
Lamb, ground	7-8	Med-High	
Lamb kebabs	6-8	Med-High	1-inch pieces
Lamb loin chops	5-6	Med-High	
Bacon	7-8	High	grilling plate
Pork center cut chops	5-8	Med-High	1/2-inch thick
Pork, ground	6-8	Med-High	
Ham	3-4	Med-High	fully cooked, 1/2-inch thick slice
Pork loin chops	6-8	Med-High	1/2-inch thick
Ribs, country-style	8-10	Med-High	
Sausage	5-6	Med-High	lowfat, link or patty style
Breads, Baked Goods			
Corn Bread	7-8	High	sauté plate
Biscuits	9-10	High	sauté plate
Cookies	9-11	High	sauté plate
Breakfast			
Eggs	2-3	High	sauté plate, lid closed
Pancakes	5-6	High	sauté plate
Fruit & Vegetables			
Apple	2-3	Med-High	1/2-inch slices
Asparagus	4-5	Med-High	lengthwise
Bananas	1-2	Med-High	sliced lengthwise
Carrots	6-8	Med-High	1/2-inch thick slices
Corn	6	Med-High	on-the-cob
Eggplant	7-8	Med-High	whole, sliced in half
Onions	2-3	High	thinly sliced
Peaches	1-2	Med-High	cut in half or sliced
Peppers	4-5	High	thinly sliced

Food	Minutes	Setting	Notes
Pineapple	2-3	Med-High	1/2-inch thick slices
Potatoes, baking	7-8	High	1/4-1/2 inch thick slices
Potatoes, red	7-8	High	1/4-1/2 inch thick slices
Squash	7-9	Med-High	1/4-1/2 inch thick slices
Frozen Snack Foods			
Pizza	10-12	High	sauté plate
Taquitos	7-9	High	sauté plate
Poultry			
Chicken breasts	7-9	Med-High	boneless/skinless
Chicken kebabs	6-8	Med-High	1-inch pieces
Chicken thighs	7-9	Med-High	
Turkey, ground	6-8	High	
Turkey, breast	7-9	Med-High	bite-sized pieces
Turkey breast	12-15	Med-High	whole, boneless/skinless
Sandwiches & Snacks			
Cheese or ham sandwich	3-4	High	
Tuna melt, Reuben	3-4	Med-High	
or Roast beef	4-5	Med-High	
Seafood			
Fish steak (firm)	7-10	Med-High	1/2-1 inch thick
Fish kebabs	6-8	Med-High	1-inch pieces
Fish fillet	3-5	Med-High	
Scallops	4-6	Med-High	
Shrimp-medium	3-4	High	
Trout	3-5	Med-High	

NOTE: The United States Department of Agriculture recommends that meat and poultry be cooked to the following internal temperatures to be sure any harmful bacteria has been killed. Ground turkey and chicken should be cooked to an internal temperature of 165°F and ground turkey and chicken should be cooked to an internal temperature of 160°F. Chicken and turkey should be cooked to an internal temperature of 170°F for white meat and 180°F for dark meat. Goose and duck should be cooked to an internal temperature of 180°F. Fresh beef, veal and lamb, ect. should be cooked to an internal temperature of 145°F. Fresh pork should be cooked to an internal temperature of at least 160°F. When re-heating meat and poultry products, they should also be cooked to an internal temperature of 165°F.

Frequently Asked Questions

Question	Response
1. Can I cook frozen food on my George Foreman Grill?	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 grill plate.
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. Any other cooking suggestions?	<p>Fresh peppers can be grilled for 2-3 minutes for skinning purposes.</p> <p>Grilled cheese sandwiches can also be cooked on your George Foreman Grill.</p>

GETTING INTO GRILLING POSITION

(* As mentioned on page 6, step 2 of this manual.)

POSITION A: Plate Position Lock Lever DOWN (locked) for sloped cooking.



POSITION B: Plate Position Lock Lever UP (unlocked) for level cooking.



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.

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.

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