

OWNER'S MANUAL

Model No. GFFR2

GEORGE FOREMAN®

LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE!

George Foreman




salton.

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, temperature control probe 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.
12. Always attach plug to appliance first, then plug cord in the wall outlet. To disconnect, turn any control to "off", then remove plug from wall outlet.
13. Do not use appliance for other than intended use.

SAVE THESE INSTRUCTIONS

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 damage to persons or 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 turn the unit OFF and unplug the cord. 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.

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 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.

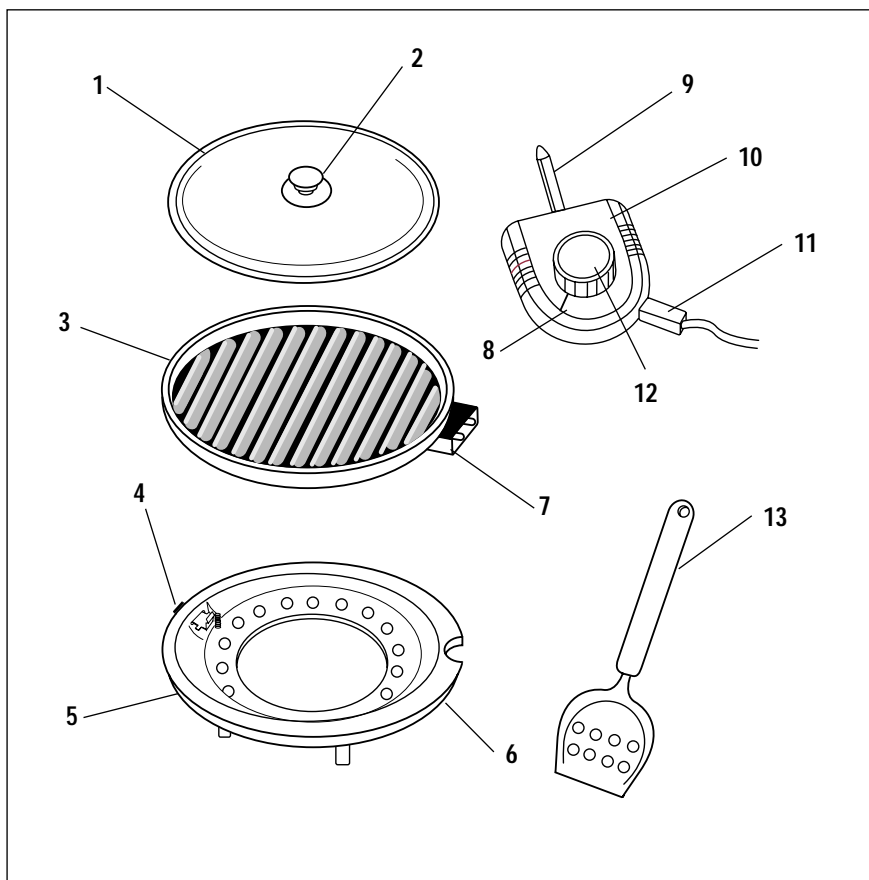
Use only the Temperature Control Probe (P/N 20021GF) supplied with this product. Using any other type of Temperature Control Probe may cause fire, electric shock, or injury.

Plasticizer Warning

CAUTION: To prevent Plasticizers from migrate 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.

Getting To Know Your GFFR2 Healthy Sauté



- | | |
|----------------------------------|---------------------------------------|
| 1. Lid (P/N 20033) | 9. Temperature Sensor |
| 2. Lid Knob and Base (P/N 20582) | 10. Temperature Control (P/N 20021GF) |
| 3. Sauté Pan (P/N 20579) | 11. Power Cord |
| 4. Hook Lever | 12. Temperature Dial |
| 5. Housing Base (P/N 20019) | 13. Spatula (P/N 20493) |
| 6. Housing Handles | |
| 7. Control Socket | |
| 8. Indicator Light | |

Before Using for the First Time

1. Remove the Electric Fry Pan and any packaging materials from its shipping container.

2. The Lid Knob, Base and mounting hardware, (Screw, Washer and Spacer) are shipped assembled in an inverted fashion, requiring minor reassembly. Remove the Lid Knob and Base from the inside of the Lid by loosening and removing the Screw, Washer and Spacer. Reposition the Lid Knob and Base to the top of the Lid.

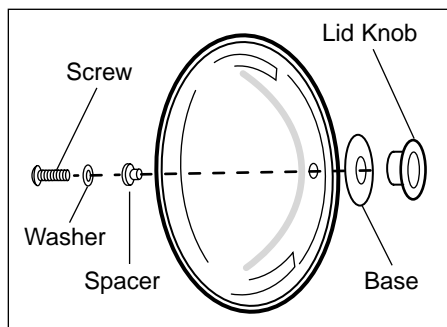


Figure 1

From the inside of the Lid, thread the Screw through the Washer and Spacer, through the Lid, Base and into the Lid Knob. Securely hand tighten the Screw, do not over tighten. See Figure 1. Periodically check to make sure the Knob is securely fastened to the Lid.

3. Remove the Sauté Pan from the Housing Base by pulling on the Hook Lever to release. Wipe the Sauté Pan with a damp cloth to remove any dust. Wash the Lid, Housing Base and Spatula in warm, soapy water. Rinse and dry thoroughly.

Instructions for Use

1. Place the Housing Base on a flat, level surface.

CAUTION: To avoid injury to persons and damage to the appliance, do not use the Sauté Pan in an unstable position. Never attempt to use the Sauté Pan without the Housing Base.

2. Attach the Sauté Pan to the Housing Base by aligning the Control Socket with the opening in the Housing Base. Push the Sauté Pan downward until the Hook Lever clicks.
3. Insert the Temperature Control into the Control Socket. See Figure 2. Make sure the Temperature Dial is set to the OFF position.

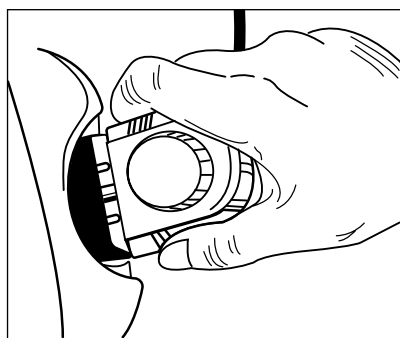


Figure 2

Instructions for Use (Cont.)

4. Plug the cord into a 120V AC outlet. Always attach the Temperature Control to the appliance first, then plug the cord into the wall outlet.
5. To preheat the Sauté Pan, remove the Lid and turn the Temperature Dial to the desired temperature. See suggested cooking charts for specific details, noting that the temperature range is adjustable from "Warm" to 420°F (215°C). Align the selected temperature with the Indicator Light. While heating, the Indicator Light will illuminate. When the selected temperature has been reached, the Indicator Light will cycle off.
Note: The Lid should never be placed on the Sauté Pan while preheating or preparing fried foods.
6. Place the items to be cooked on the Sauté Pan.
7. During cooking, the Indicator Light will cycle on and off, indicating that the Temperature Control is maintaining the selected temperature of the Sauté Pan. A creaking noise may occur during cooking. This is normal. The noise results from the thermal expansion of the Sauté Pan as it heats.
8. If indicated, carefully place the Lid over the food on the Sauté Pan and allow the food to cook for the desired time. Consult the Recipe Section at the back of this book for suggestions. Please note that the Lid is designed to be loose fitting so steam can escape during cooking. **Do not leave appliance unattended during use.**
9. After the desired amount of time, the food should be done.
10. Turn the Temperature Dial to the "OFF" setting then disconnect the plug from the wall outlet.
11. Use a potholder to carefully lift the Lid and set the Lid to the side.
12. 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 Sauté Pan.
13. Allow the appliance to cool before removing any part of the appliance or before cleaning. See *User Maintenance Instructions* for cleaning details.

User Maintenance Instructions

CAUTION: To avoid accidental burns, allow your Electric Fry Pan to cool thoroughly before cleaning.

WARNING: To avoid electric shock, unplug from outlet when not in use and before cleaning. Use care not to allow moisture to contact the Control Socket during cleaning.

1. Before cleaning, unplug the appliance from the wall outlet and allow to cool.
2. Remove the Temperature Control from the Control Socket. If necessary, wipe the Temperature Control with a soft, damp cloth.
3. Remove the Sauté Pan from the Housing Base by gently pulling the Hook Lever to release.
4. Wipe the Sauté Pan with absorbent paper towels or a sponge, then wash it in warm, soapy water. If necessary, use a non-metallic scrubbing pad. Be very careful not to allow moisture to enter the Control Socket. Rinse and dry thoroughly.

DO NOT IMMERSE IN WATER OR OTHER LIQUID.

5. Wash the Lid and Housing Base with warm, soapy water. Rinse and dry thoroughly.
6. Do not use steel wool, scouring pads, or abrasive cleaners on any part of the Electric Fry Pan.
7. Any servicing requiring disassembly other than the above cleaning must be performed by a qualified appliance repair technician.

Cooking Methods

FRY/ SAUTÉ

Cooking food rapidly in an open skillet using a small quantity of fat.

Add oil, shortening, butter or margarine to skillet and preheat to desired temperature (generally 350° F). Amount of fat used will vary according to recipe and type or amount of food to be prepared.

PAN- BROIL

Cooking food over high heat in an open skillet using little or no fat.

Add little or no oil, shortening, butter or margarine to skillet and preheat to desired temperature (generally 400° F). Place food in hot skillet. Brown, turning often. Remove excess fat as it accumulates.

BRAISE

Searing food in hot fat until brown, then simmering in a covered skillet with liquid added.

Add a small quantity of fat to skillet and preheat to 350° F. Brown food well on all sides. Add specified amount of liquid (generally 2 cups), cover, and turn heat control down to 200° F just until indicator light goes out (simmer point). Cook as specified in recipe or until food is tender. Check during cooking and add more liquid as necessary.

DO NOT LET SKILLET BOIL DRY.

SIMMER

Gently cooking food in a liquid just below boiling temperature.

Add oil, shortening, butter or margarine to skillet and preheat to desired temperature. If required, brown food on all sides. Add liquid or make sauce as directed in recipe. With heat control set at 250° F or slightly higher, bring liquid to a boil. Turn heat control down just until indicator light goes out. This is the simmer point.

Cover. Simmer food for the directed length of time or until food is done. Check periodically during cooking and add more liquid as necessary.

DO NOT LET SKILLET BOIL DRY.

Cooking Methods (Cont.)

STEAM

Cooking food by exposing it to steam in a covered skillet.

Place a small amount of water in the bottom of skillet. Add vegetables or other foods and cover. Turn heat control to 250° F and steam food until done. Check often, adding more water as necessary.

DO NOT LET SKILLET BOIL DRY.

WARM

Gradually bringing cooked and cooled food back up to serving temperature.

Preheat skillet with heat control set to 225° F. Place food to be warmed in skillet. Cover. Heat until food is warm, turning or stirring occasionally.

BUFFET SERVICE/ KEEP WARM

Keeping food at serving temperature with little or no additional cooking taking place.

Once food has been prepared or reheated to the correct serving temperature, turn heat control down to 175° F. Stir food occasionally or as necessary.

Cooking Charts

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.

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.

Frying Chart

Food / Preheat Temperature	Cooking Method	Time
BEEF		
Hamburgers 1/ 2" thick / 350° F	With or without extra fat	Rare: 2-3 min. each side Med: 3-4 min. each side Well: 4-5 min. each side
Liver 1/ 2" thick / 350° F	Use 2 tablespoons fat	4-5 min. each side
Sandwich Steaks 1/ 4" thick / 350° F	Use 2 tablespoons fat	Rare: 1 min. each side Med: 1½ min. each side
Steak - Chuck 1" thick / 400° F	With or without extra fat	Rare: 4 min. each side Med: 8 min. each side Well: 11 min. each side
CHICKEN		
Chicken Breasts (boneless) / 350° F	Use 3-4 tablespoons fat, turning often	10-20 min.
Broiler Pieces / 350° F	Use 3-4 tablespoons fat, turning often	25-30 min.
EGGS		
Fried, 300° F	Use 1 tablespoon fat for each 2 eggs	3-5 min. total
LAMB		
Lamb Chops 1/ 2" thick / 350° F	With or without extra fat	Med: 19-21 min. total Well: 24-26 min. total
PORK		
Pork Chops 1/2" thick / 350° F 1" thick / 350° F	With or without extra fat	15-20 min. total 30-40 min. total
Bacon Slices / 350° F	Start in cold pan	5-7 min. total
Sausage Links / 300° F	Turn sausage on all sides to brown. Sausage should be well done with no trace of pink.	20 min. total (links)
Sausage Patties 1/2" thick / 300° F		6-7 min. total (patties)
Brown 'N' Serve / 300° F	Turn sausage on all sides to brown.	7-8 min. total
VEAL		
Cutlets, Chops 1/ 8"-1/2" thick / 350° F	Use 2 tablespoons fat	2-3 min. per side (cutlets) 5-10 min. per side (chops)
FISH		
Fish Fillet 1/2" thick / 350° F	Use 3-4 tablespoons fat	3-5 min. each side

Braising Chart

Food / Preheat Temperature	Cooking Method	Time
BEEF		
Chuck Steak, London Broil, etc, 2" thick / 350° F brown 200° F finish	If desired, pound 1/4 to 1/2 cup flour into meat. Use 1/4 cup fat heated to 350° F to brown meat 5-10 min. on each side. Add 2-3 cups of liquid. Turn heat control down to 200° F. Cover and cook for 45 minutes to 1 hour, or until tender. Add more liquid as it becomes necessary.	55 min. to 1 hr. 20 min. total
CHICKEN		
Chicken Pieces 350° F brown 200° F finish	If desired, coat chicken with seasoned flour. Using 1/4 cup fat for every 2 to 3 pounds of chicken, brown on all sides for 15 minutes at 350° F. Add 2-3 cups of liquid. Turn heat control down to 200° F. Cover and cook for 30 minutes or until done. Add more liquid as it becomes necessary.	45 min. total
LAMB		
Lamb Chops 1/2" -1" thick 350° F brown 200° F finish	Use 2 tablespoons of fat heated to 350° F to brown meat 5 minutes on each side. Add 2-3 cups of liquid. Turn heat control down to 200° F. Cover and cook for 20 to 30 minutes or until tender. Add more liquid as it becomes necessary.	30-40 min. total
PORK		
Pork Chops 1/2" -1" thick 350° F brown 200° F finish	Use 2 tablespoons of fat heated to 350° to brown meat 5-10 minutes on each side. Add 2-3 cups of liquid. Turn heat control down to 200° F. Cover and cook for 30-40 minutes or until tender and completely cooked. Add more liquid as it becomes necessary.	40 min. to 1 hr. total
VEAL		
Veal Chops 1/2" -1" thick 350° F brown 200° F finish	Use 1/4 cup of fat heated to 350° F to brown meat 5 minutes on each side. Add 2-3 cups of liquid. Turn heat control down to 200° F. Cover and cook for 20 -30 minutes or until tender. Add more liquid as it becomes necessary.	30-40 min. total

Recipes

Jambalaya

1/4 cup vegetable oil
1 (3 pound) broiler fryer chicken, cut into 8 pieces
1 cup uncooked rice
1/2 cup chopped onion
1 can (10 3/4 oz.) chicken broth
1 can (8 oz.) tomato sauce
1 cup cubed cooked ham (1/2- inch cubes)
1/2 teaspoon salt
1/4 teaspoon red pepper sauce (or to taste)
1 cup diced green pepper

In your Healthy Sauté, heat oil with heat control set at 375° F. Cook chicken pieces 8 to 10 minutes on each side or until browned. Remove chicken from skillet and drain fat except for 2 tablespoons. Add rice and onion to drippings. Sauté until golden, stirring frequently, about 3 minutes. Add chicken broth, tomato sauce, ham, salt and red pepper sauce. Place chicken pieces on top. Turn heat control down until light goes out (simmer point). Cover and simmer about 25 to 30 minutes adding more water if necessary. Add green pepper and cook 5 minutes longer.

Makes 6 servings.

Grilled Reubens

8 slices rye bread
2/3 cup Thousand Island salad dressing
1 pound corned beef, thinly sliced
1 can (8- 1/2 oz.) sauerkraut, drained
1 pound Swiss cheese, thinly sliced
1/4 cup butter or margarine

Spread each slice of rye bread with approximately 2 tablespoons Thousand Island dressing. Layer corned beef, sauerkraut and Swiss cheese on 4 bread slices. Top each with remaining slices of bread.

In your Healthy Sauté, melt butter with heat control set at 350°F. Add sandwiches. Cook for about 5 minutes on each side until golden brown.

Makes 4 sandwiches.

Louisiana Gumbo

1/2 cup butter or margarine
1/4 cup flour
1 can (16 oz.) tomato puree
2 cups water
1 package (10 oz.) frozen okra
1 teaspoon salt
1 teaspoon onion powder
1 teaspoon basil
1 pound cod or halibut fillets, cut into 2- inch pieces
1 pound shrimp, peeled and deveined*
1/2 pound flaked crabmeat
Red pepper sauce to taste
Hot cooked rice (optional)

In your Healthy Sauté, melt butter with heat control set at 250° F. Stir in flour, blending until smooth. Add tomato puree, water, okra, salt, onion powder and basil. Stir together and bring mixture to a boil. Turn heat control down until light goes out (simmer point). Cover and simmer 30 minutes. Add cod, shrimp and crabmeat. Cover and simmer 15 to 20 minutes or until fish is tender. Add red pepper sauce to taste. Serve over rice, if desired.

Makes 6 to 8 servings.

*If frozen shrimp are used, thaw and drain completely.

Swedish Meatballs

1-1/2 pounds ground beef
1-1/2 cups flavored breadcrumbs
1/4 teaspoon pepper
1 teaspoon nutmeg
1 teaspoon paprika
3/4 teaspoon salt
2 eggs, beaten
1/2 cup milk
1/2 cup butter or margarine
1/4 cup flour
1 can (10-1/2 oz.) beef broth, undiluted
1/2 cup water
1 cup sour cream
Hot cooked rice or noodles

Combine the first 8 ingredients; mix well and shape into 1-inch meatballs. Melt 1/4 cup butter (reserving remaining 1/4 cup butter) in your Healthy Sauté, with heat control set at 325° F. Cook meatballs, turning occasionally until browned. Remove meatballs from skillet and drain well. Set aside.

Melt remaining 1/4 cup butter with heat control set at 325° F. Add flour to melted butter, stirring until smooth. Cook for 1 minute, stirring constantly. Gradually stir in beef broth and water. Cook, stirring constantly, until thickened. Add sour cream; reduce heat to 250° F. Stir until well combined. Add meatballs.

Heat thoroughly.

Makes 6 to 8 main dish servings.

Note: Swedish meat balls can be served as an hors d'oeuvre. Serve and keep warm in your Healthy Sauté.

Sweet and Sour Pork

2 pounds boneless pork, cut into 1/2- inch cubes

1/4 cup flour

2 tablespoons oil

2 tablespoons cornstarch

1/4 cup white vinegar

3 tablespoons chili sauce

1/4 teaspoon garlic powder

1/4 teaspoon ground ginger

1 jar (12 oz.) apricot preserves

1 small green pepper, cut in thin strips

1 small red pepper, cut in thin strips

1 can (11 oz.) Mandarin orange segments, drained

1 can (8 oz.) pineapple chunks, drained

Hot cooked rice (optional)

In a sturdy plastic bag, combine pork and flour. Shake well to coat. In your Healthy Sauté, heat oil with heat control set at 350° F. Brown pork until golden brown on all sides, about 4 to 5 minutes. Dissolve cornstarch in vinegar. Stir in chili sauce, garlic powder and ginger. Add vinegar mixture and apricot preserves to pork. Heat to boiling. Turn heat control down until light goes out (simmer point). Add green and red peppers.

Cover and simmer 15 minutes. Stir in orange segments and pineapple. Heat 2 minutes more. Serve over rice, if desired.

Makes 6 to 8 servings.

Curried Lamb

1 pound boneless lamb, cut into 1- inch cubes
1/4 cup flour
1/2 cup butter or margarine
2 large onions, cut in 1/2- inch slices
2 large tart apples, peeled, cored and cubed
2 tablespoons curry powder
1 teaspoon ground ginger
1/2 teaspoon ground cardamom
1/2 teaspoon salt
2 tablespoons lime juice
1/2 cup sour cream

*Accompaniments

In a sturdy plastic bag, combine lamb and flour. Shake to coat well. In your Healthy Sauté, melt butter with heat control set a 325° F. Add lamb and brown on all sides, about 5 to 8 minutes. Add onion and apple to skillet. Cook about 10 minutes more, stirring occasionally. Add next 5 ingredients. Turn heat control down until light goes out (simmer point). Simmer 45 minutes until lamb is tender. Add sour cream. Mix gently. Heat 1 minute more.

Makes 4 servings.

***Traditionally, Indian curry is served along with small bowls of chopped peanuts, raisins, shredded coconut, chopped orange peel and hot cooked rice.**

Hot Summer Fish- Fry

4 to 5 pieces fish fillets (sole)
2 teaspoons pimento, chopped
1/4 cup olive oil
1/4 cup wine vinegar
1 small onion, minced
1/2 cup orange juice
1 small garlic clove, crushed
1 tablespoon lime juice
2 green chili peppers (canned)
Salt and pepper to taste

Heat olive oil in pan to 325° F (165° C). Sauté fish until lightly browned on both sides. Remove fish and drain on paper towel. Lower temperature to 225° F (105° C), add all other ingredients, blend well with mixing spoon and bring to boil. Let cook for 2 to 3 minutes. Place fish on serving platter lined with lettuce leaves. Pour sauce over fish.

Garnish with black olives and strips of pimento.

Refrigerate and serve well chilled.

Makes 2 to 3 servings

Hot Tuna Skillet Supper

1 large onion, thinly sliced
1 medium can peas, drained
1 small pepper, cut into 2 inch slices
1 garlic clove, crushed
4 oz. tomato sauce
1 large (15 oz.) can tuna,
3 tablespoons olive oil packed in water

Preheat oil in pan at 350° F (175° C). Add onions, pepper and garlic. Sauté until softened. Adjust temperature control to Simmer. Add tomato sauce and peas and let simmer for 5 minutes. Drain tuna fish and flake. Add to sauté pan mixture and stir combining all ingredients.

Cook until thoroughly heated.

Makes 2 to 3 servings

Savory Burgers

1/4 cup margarine or butter,
1 cup shredded American cheese softened
1/4 cup onion, chopped
1/2 teaspoon garlic powder
2 teaspoons Worcestershire® sauce
3 hamburger buns, split in half
1 teaspoon salt
1-1/2 lbs. ground beef
Dash of pepper

In small bowl, blend together butter and garlic powder. Spread evenly on hamburger buns. In medium bowl, combine ground beef, cheese, onion, Worcestershire® sauce, salt and pepper and mix thoroughly. Shape into 6 patties, 1/2- inch thick. Heat sauté pan to 375° F (190° C). Brown buttered buns in pan until golden. Remove from pan and keep warm. Reduce heat to 325° F (165° C). Pan- fry patties on each side to desired doneness.

Serve open- face on hamburger bun.

Makes 6 servings

Pepper Steak

1-1/2 pounds top round steak
1/3 cup vegetable oil
3/4 teaspoon salt
3 medium green peppers, cut in 1- inch pieces
3 medium red peppers, cut in 1- inch pieces
1-1/2 cups sliced celery
1/2 cup finely chopped onion
1 clove garlic, minced
1-1/2 cups beef broth
2 tablespoons cornstarch
1/3 cup water
1 tablespoon soy sauce
Hot cooked rice (optional)

Slice steak diagonally into very thin slices, then cut slices into 2-inch pieces. In your Healthy Sauté, heat oil with heat control set at 350° F. Brown meat in hot oil about 2 to 3 minutes. Sprinkle with salt. Add red and green pepper, celery, onion, garlic and cook 2 minutes. Add beef broth. Turn heat control dial to 250° F. Cover and cook until vegetables are tender crisp, about 10 to 12 minutes. Dissolve together cornstarch, water and soy sauce until smooth. Add to meat mixture. Cook and stir until thickened, about 3 to 4 minutes.

Serve over hot rice if desired.

Makes 6 servings.

Pineapple- Glazed Ham Steak

1 ham steak, 3/4 to 1 inch thick

1/4 cup brown sugar

3/4 cup orange juice

4 pineapple slices

Preheat sauté pan to 325° F (165° C). Cook ham until lightly browned on both sides, 8 to 10 minutes per side. Remove from pan and place on platter. In a bowl, combine orange juice and brown sugar. Lower temperature to 225° F (105° C). Pour mixture into sauté pan, and bring to boil. Add pineapple slices and cook until glazed. Arrange pineapple on top of ham. Pour sauce over ham and pineapple.

Makes 2 servings

Veal Cordon Bleu

12 veal scallops, very thin

2 eggs, lightly beaten with 1 teaspoon water

Salt and pepper to taste

6 slices prosciutto

1 cup flour

6 slices Gruyere cheese, thinly sliced

1-1/2 cups unseasoned bread crumbs

1-1/2 cups butter or margarine

Season veal scallops with salt and pepper. Place a ham slice in the center of each scallop, top each with a slice of cheese. Brush the outside edges of the scallops (around the ham and cheese) with the beaten egg mixture, then top with remaining scallops. Dip the filled pieces into the beaten egg mixture and then into the bread crumbs, coating well.

Refrigerate coated scallops for 2 hours.

Melt butter in the electric sauté pan at 375° F (190° C). Sauté the cutlets until brown on both sides. Transfer the cutlets to a serving platter and garnish with parsley sprigs.

Makes 4 to 6 servings

Veal and Peppers

4 tablespoons olive oil
1/4 cup fresh parsley, minced
4 green or red peppers, cut in 2 inch slices
1 teaspoon Italian seasoning
1 teaspoon salt
3 garlic cloves, crushed
1/4 teaspoon pepper
1-1/2 lbs. cubed veal, cut from shoulder

Heat 3 tablespoons of oil in the sauté pan to 325° F (165° C). Cook peppers until they are limp. Remove from pan and set aside. Add veal, parsley, Italian seasoning, salt and pepper. Sauté 4 to 5 minutes, or until tender. Add cooked peppers and remaining olive oil. Reduce temperature and simmer for 5 to 10 minutes.

Makes 4 servings

Lamb with Eggplant

1 pound boneless lamb shoulder, chopped
1 teaspoon sugar
1/4 teaspoon dried oregano leaves
1 medium onion, chopped
1/2 teaspoon dried basil leaves
1 large garlic clove, finely chopped
1/4 teaspoon fennel seeds, crushed
2 tablespoons olive or vegetable oil
1 teaspoon salt
1 small eggplant, pared, cut into 1- inch pieces
1/8 teaspoon pepper
4 ounces Mozzarella cheese, shredded
2 cups tomato sauce

Heat oil in pan to 350° F (175° C). Cook meat, onion and garlic in sauté pan until meat is brown. Add remaining ingredients, except cheese. Lower temperature and simmer covered until eggplant is tender, about 20 minutes. Remove cover and sprinkle cheese over mixture in pan. Simmer covered until cheese melts, about 3 minutes.

Makes 4 servings

Chicken and Dumplings

1 (5 to 6 pound) roasting chicken, cut in pieces
4 cups chicken broth
1 bay leaf
1 teaspoon thyme
1 teaspoon salt
1/2 teaspoon pepper
5 carrots, peeled and cut into 1- inch strips
2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 tablespoon shortening
1 egg
2/3 cup milk
2 teaspoons parsley
1 teaspoon paprika

In your Healthy Sauté, place chicken, broth, bay leaf, thyme, salt and pepper. Bring to a boil with heat control set at 350° F. Turn heat control down until light goes out (simmer point). Cover and simmer 1 hour. Reserving liquid, remove chicken from skillet. Remove skin from chicken. Cut strips of meat away from bone. Add carrots and chicken strips to broth. To make dumplings, combine flour, baking powder and salt. Cut the shortening in using a pastry blender or two knives. Mix together the egg and milk. Add to flour mixture. Add parsley and paprika. Mix until moistened. Drop dough by tablespoonful into a simmering broth. Turn heat control to 225° F. Cover and cook an additional 20 minutes or until dumplings are firm.

Makes 6 servings

Sautéed Broccoli

2 packages (10 oz. each) frozen broccoli spears, thawed

1/2 cup sliced green olives, pitted

Salt and freshly ground pepper

1/4 cup onion, finely chopped

Lemon wedges

2 tablespoons butter or margarine

Cut broccoli into 1- inch pieces. Melt butter in the sauté pan at 325° F (165° C). Sauté onion and broccoli until just tender, about 5 minutes. Stir in olives, cook 2 minutes.

Season to taste with salt and pepper.

Serve with lemon wedges.

Makes 4 servings

Texas Chili

1/4 cup vegetable oil

3 pounds beef chuck roast, cut into 1/ 2- inch cubes

3 cloves garlic, minced

4 to 6 tablespoons chili powder

3 tablespoons oregano

2 tablespoons ground cumin

1 to 2 teaspoons cayenne pepper

4 to 5 cups water

1/4 cup corn meal

1/2 cup water

In your Healthy Sauté, heat oil with heat control set at 350° F. Brown meat and garlic in oil until meat loses its pinkness. Add chili powder, oregano, garlic, cumin and cayenne pepper. Stir coating meat well. Add 4 to 5 cups of water and stir. Turn heat control down until light goes out (simmer point). Cover and simmer 45 minutes to an hour. Meanwhile, make a thick, smooth paste of cornmeal and 1/ 2 cup water. Add to chili, stirring constantly to prevent lumps. Simmer uncovered, stirring occasionally 30 to 40 minutes longer or until tender.

Makes 6 to 8 servings.

Pineapple Chicken

Pineapple Chicken

1 3-lb. chicken, cut into eighths

1 can pineapple chunks (20 oz.) drained. Reserve juice

1 celery stalk, thinly sliced

1 green pepper, chopped

1/4 cup vegetable oil

1 medium onion, chopped

Salt, pepper, paprika, oregano

Preheat sauté pan to 350° F (175° C). Add oil. Season chicken with spices and brown in oil. Reduce temperature to 300° F (150° C). Mix in vegetables and cover. Bake 1 hour, turning once.

Makes 3 to 4 servings

Pineapple Fruit Sauce

1/2 cup orange marmalade

1/4 cup catsup

1/4 cup vinegar

3 tablespoons pineapple juice

In a bowl, combine above ingredients. Remove lid of sauté pan, add pineapple chunks and sauce. Cook covered for 15 minutes. Remove lid and let cook uncovered 15 to 20 minutes. Spoon sauce over chicken as it cooks, several times.

Mexican Chicken

1 (2- 1/2 to 3 pound) broiler- fryer chicken, cut into 8 pieces

Salt

Pepper

1/2 cup flour

2 tablespoons chili powder

1 teaspoon cumin

1/3 cup vegetable oil or vegetable shortening

1 cup chopped onion

1 clove garlic, minced

1-1/2 cups uncooked rice

1 can (14- 1/ 2) tomatoes, coarsely chopped

3 cups water

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1 cup sliced, pitted ripe olives

Dash red pepper sauce

Sprinkle chicken with salt and pepper. Combine flour, chili powder and cumin in a plastic bag. Place chicken pieces in bag and shake to coat well. In your Healthy Sauté, heat oil with heat control set at 350° F.

Brown chicken in hot oil 10 minutes on each side or until golden brown.

Remove chicken from skillet. Add onion and garlic to skillet, sauté 4 to 5 minutes. Stir in rice, tomatoes and water. Arrange chicken over rice.

Cover and turn heat control down until light goes out (simmer point).

Simmer 35 to 40 minutes, adding more water if necessary. Sprinkle green and red pepper over chicken, cover and cook an additional 5 minutes.

Toss in olives and heat through.

Makes 4 to 6 servings.

Marinated Steak 'n Sauce

2 - 2-1/2 lbs. round steak, sliced into strips
1 large onion, thinly sliced
1 tablespoon garlic powder
1 large green pepper, cut into 2- inch strips
1/4 cup oil
1/2 cup soy sauce

Marinate sliced steak in soy sauce and garlic powder for 1/2 hour. Heat oil in the sauté pan at 350° F (175° C). Add green peppers and onions. Cook until very tender. Remove from pan with plastic or wooden slotted spoon and set aside. Place marinated beef slices into sauté pan and cook, turning frequently with spatula. Return onions and peppers to pan, and thoroughly heat, approximately 5 minutes.

Makes 4 servings

Pepper, Onion and Potato

1 large green pepper, cut into 2 inch slices
3 tablespoons butter or margarine
1 large onion, sliced
Paprika
4 medium potatoes, peeled and sliced

Heat electric sauté pan at 350° F (175° C) and melt butter or margarine. Sauté peppers, onions and potatoes. Cook until done. Sprinkle paprika evenly over vegetables.

Makes 4 servings

Shrimp Curry in Cream Sauce

Shrimp Curry in Cream Sauce

1/4 cup butter or margarine

2 cups whipping cream

1 medium onion, finely chopped

Pinch of salt

3 to 4 teaspoons curry powder

Freshly ground pepper to taste

2-1/4 lbs. raw shrimp, shelled and deveined

Pinch of cayenne

1 egg yolk

Melt butter in the electric sauté pan at 350° F (175° C). Sauté onion until it is soft and yellow. Add the curry powder and stir well. Lower temperature to 225° F (105° C). Add the shrimp and toss well. Add more butter if shrimp is not well coated. Cook shrimp for 2 to 3 minutes. Add 1 cup cream and cook for 5 minutes, stirring frequently. Remove shrimp with a wooden or plastic slotted spoon and keep them warm.

Continue cooking the cream mixture until it begins to thicken slightly. Stir in another 1/2 cup of cream and the remaining seasoning, cook for a few more minutes to blend and reduce the sauce slightly. In a small bowl, mix the egg yolk with the remaining cream. Reduce temperature to simmer. Stir in egg yolk mixture, blending well. Add shrimp and cook until the shrimp are hot and the sauce has slightly thickened.

Makes 4 servings

Stuffed Cocktail Meat Balls

1 lb. ground beef, lean
Pimento- stuffed green olives
1 egg, beaten
1/2 cup vegetable oil
1/2 teaspoon chili powder
Salt and pepper to taste

Heat oil in sauté pan to 325° F (165° C). Mix together beef, egg, chili powder, salt and pepper. Shape meat around each olive to make a ball double the size of the olive. Sauté meatballs until brown on all sides. Remove from pan, drain on paper towel. Keep warm in oven until all meatballs are done.

Makes about 25 to 35 meatballs

Sausage Balls in Sauce

1 lb. pork sausage, bulk
1/3 cup dried bread crumbs
1 egg slightly beaten
1 teaspoon sage

Mix above and shape into cocktail style meatballs. Brown sausage balls in pan at 325°F (165°C), a few at a time. Drain fat.

Makes 20 appetizers

Sauce

Mix together: 1 cup ketchup
 4 tablespoons brown sugar
 2 tablespoons vinegar
 2 tablespoons soy sauce

Add sauce to pan and stir to combine, add meatballs. Simmer 30 minutes uncovered. Serve with toothpicks.

Mushroom Appetizer

3 tablespoons olive oil
1/4 clove garlic, minced
2 tablespoons lemon juice
1/8 teaspoon tabasco sauce
3 tablespoons chopped fresh parsley
1/4 teaspoon salt
20 small whole mushrooms, cleaned
1/4 teaspoon dried oregano

Place all ingredients into sauté pan and heat to 325° F (165°C) except mushrooms. Add mushrooms, coating all sides with sauce and serve with toothpicks.

Makes 20 appetizers

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.

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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.

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In-Warranty Service (USA): For an appliance covered under the warranty period, no charge is made for service or postage. Call for return authorization (1 800 937-3883).

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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:

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