

OWNER'S MANUAL

Model No. GR30VT

GEORGE FOREMAN'S

LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE



George Foreman

Salton®

INNOVATIVE PRODUCTS FOR A HEALTHY TODAY AND TOMORROW

Important Safeguards

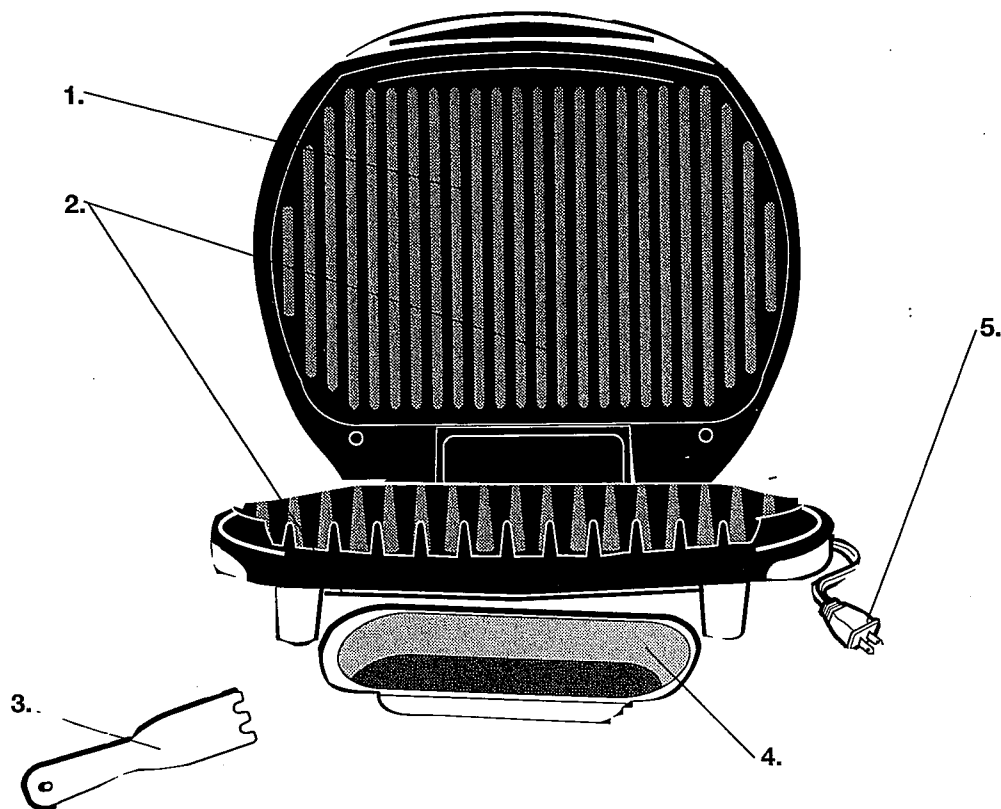
When using electrical appliances, basic safety precautions should always be followed, including the following:

- 1.** Read all instructions.
- 2.** Do not touch hot surfaces, use handles or knobs.
- 3.** To protect against electrical shock, do not immerse cord, plug, or cooking unit in water or other liquid.
- 4.** Close supervision is necessary when any appliance is used by or near children.
- 5.** Unplug from wall 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 is dropped or damaged in any manner. Return appliance to the Salton, Inc. Service Department for examination, repair, or electrical adjustment.
- 7.** The use of accessory attachments not recommended by Salton, Inc. may cause hazards.
- 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.** To disconnect, remove plug from wall outlet.
- 13.** Do not use appliance for other than intended use.

Save These Instructions

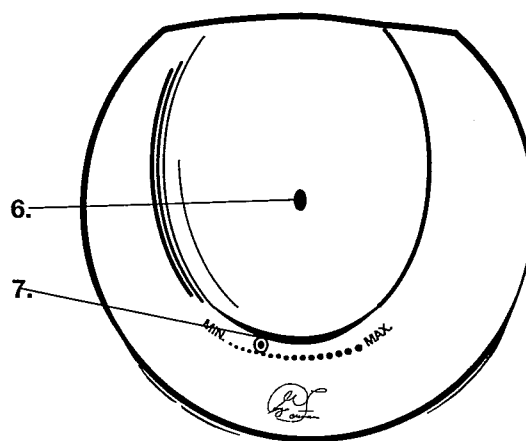
FOR HOUSEHOLD USE ONLY

Getting To Know Your GR30VT GRILLING MACHINE



- 1. **GRILLING MACHINE** Body
- 2. **GRILLING MACHINE** Grilling Plates
- 3. Plastic Spatula
- 4. Drip Tray
- 5. Cord
- 6. Power Light
- 7. Variable Temperature Control Knob

Top View



How To Use Your George Foreman's Lean Mean Fat Reducing GRILLING MACHINE

1. Before using the **GRILLING MACHINE** for the first time, wipe the cooking plates with a damp cloth to remove all dust.
2. **To preheat:** Close the cover and plug cord into a 120V AC polarized outlet. The power light will go on indicating that the elements are heating.
3. Carefully open the lid, preferably using a "pot holder."
4. Slide the grease catching drip tray under the front of the unit.
5. Carefully place the items to be cooked on the bottom cooking plate.
6. Close the cover 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 go on when the cover is closed to indicate that the elements are heating up to cook.
7. After the desired amount of time, the food should be done.
8. Carefully open the lid, preferably using a "pot holder."
9. 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 cooking plates.
10. Disconnect the plug from the wall outlet and allow to cool.
11. When cool, the drip tray may be removed and emptied.
Be sure that the liquid is cooled.

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.

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should 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 unintentionally.

User Maintenance Instructions

1. Before cleaning, unplug the **GRILLING MACHINE** from the wall outlet and allow to cool to avoid accidental burns.
2. **Inside cleaning:** Place the drip tray under the front of the **GRILLING MACHINE**. Scrape off any excess fat and food particles with specially designed spatula. Wipe the plates with absorbent paper towel or a sponge. Run off will drip into the drip tray.
3. **Stubborn build-up:** Use a wet sponge while the **GRILLING MACHINE** is still somewhat warm.
4. Empty the drip tray and clean with warm soapy water and 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. **This appliance is for household use only.**

Suggested Cooking Chart*

Use the variable browning control on minimum for scallops and tender seafood — on maximum for swordfish.

For beef and chicken, we recommend using the maximum browning control to get those grill marks you love!

* These are recommended guidelines only. Personal taste, thickness of cut of fish or meat may vary cooking times. Always check for doneness and always use fresh, refrigerated foods for you and your family.

	Rare 140°F	Medium 150°F	Well 160°F
Salmon Filet	3-1/2 min.	4 min.	5-1/2 min.
Salmon Steak	8 min.	10 min.	12 min.
Tuna Steak	7 min.	9 min.	11 min.
White Fish	5 min.	6 min.	7-1/2 min.
4 oz. Turkey Burgers	3-1/2 min.	4-1/2 min.	5 min.
8 oz. Turkey Burgers	4 min.	5 min.	6 min.
Scallops	3-1/2 min.	4-1/2 min.	5-1/2 min.

For best results, we recommend setting your Grilling Machine to the minimum temperature setting when cooking the foods listed above.

Suggested Cooking Chart *(Continued)*

	Rare 140°F	Medium 150°F	Well 160°F
Pork Chops	10 min.	11 min.	13 min.
Pork Loin	7 min.	9 min.	11 min.
4 oz. Burgers	7-1/2 min.	8-1/2 min.	9-1/2 min.
8 oz. Burgers	11 min.	12 min.	13 min.
Chicken Breast (boneless/skinless)	6 min.	7-1/2 min.	8-1/2 min.
Chicken Breast bone-in (up to 2-1/2" thick)	15 min.	16 min.	18 min.
4 oz. Frozen Turkey Burgers	4 min.	5 min.	6 min.
8 oz. Frozen Turkey Burgers	7 min.	9 min.	11 min.
Link Sausage	4-1/2 min.	5-1/2 min.	6-1/2 min.
Sliced Sausage (3/4" thick)	5-1/2 min.	6-1/2 min.	7-1/2 min.

For best results, we recommend setting your Grilling Machine to a Medium temperature setting when cooking the foods listed above.

	Rare 140°F	Medium 150°F	Well 160°F
Sword Fish	9 min.	11 min.	12 min.
Fajita Beef (1/2" thick slices)	1-1/2 min.	2 min.	2-1/2 min.
T-Bone	8 min.	10 min.	12 min.
NY Strip	4 min.	7 min.	11 min.
Flank Steak	7 min.	8 min.	10 min.
Onions and Peppers (brush with olive oil)		8-1/2 min.	15 min.

For best results, we recommend setting your Grilling Machine to the maximum temperature setting when cooking the foods listed above.

NOTE: Most meats were 1 inch thick. Always cook beef to 160°F and chicken to 165°F to help eliminate the risk of listeria or ecoli.

Recipes

NOTE: For all recipes, please remember to place drip tray in front of the **GRILLING MACHINE** to catch drippings from the cooking process.

Grilled Vegetables

- 6 slices eggplant, 1/2 thick (or use 4 baby eggplants)
- 2 small onions, sliced 1/2
- 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** for 3 - 5 minutes. 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 minutes.
- Remove the eggplant and zucchini and mushroom slices to a plate.
- Add tomatoes to the onion and garlic. Cover and cook for one 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** for 3 - 5 minutes.
- Close lid and cook for 5 minutes for medium (a hint of pink in the middle) and 7 minutes for well done.
- Serve immediately
- Yield: Serves 4

Mustard Lemon Chicken Breasts

- 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

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Mix first 5 ingredients.
- Add chicken breast and let it marinate for at least 1/2 hour.
- Place marinated chicken on **GRILLING MACHINE** and close lid. Let cook for 3-1/2 minutes.
- Remove and serve.
- Yield: Serves 4

Sole with Tomatoes

- 2 tsp. olive oil or red wine (optional)
- 2 small onion, diced
- 2 cloves garlic, minced
- 2 small tomatoes, chopped
- 2 Tbsp. fresh basil or 1/2 tsp. dried, chopped
- 1 Tbsp. fresh parsley, chopped ground pepper
- 1 Tbsp. lemon juice
- 1 lb. fillet of sole (or any white fish fillet)

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Saute the onion and garlic in oil or wine 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 2-3 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 4

Strip Steak Polynesian

4 Tbsp. soy sauce
2 cloves garlic, minced
2 tsp. honey
4 6 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** for 3 - 5 minutes.
- Place the marinated strip steak onto the preheated grill.
- Grill for 3 minutes, open grill, add the rest of the marinade sauce to the top of the steaks.
- Grill for 1 minute, open grill and serve on a bed of rice.
- Yield: Serves 4

Burritos

2 small onions, chopped
4 cloves garlic, minced
3 cups ground meat, shredded beef, or chicken cubed
2-1/2 cup canned red chili sauce
2 tsp salt
1 tsp. cinnamon & cumin

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Add onions and garlic and saute for 1 minute.
- Add meat/chicken 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.

Carne Asada

8 thin strips tenderloin steaks, skirt or flank (1/2" thick)
salt and pepper to taste
2 Tbsp. juice or 1 squeezed lime

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Add the tenderloin and season with salt and pepper.
- Cook for 3 minutes.
- Yield: Serves 4

Serve with warm flour tortillas and any of your favorite toppings.

Tacos

- 2 lb. lean ground beef or turkey
- 2 small onions, chopped
- 3 tsp. chili powder
- 1 tsp. oregano leaves & paprika
- 1/2 tsp. ea. dried rosemary, ground cumin, and pepper
- 2 cloves garlic, minced
- 6 Tbsp. taco sauce
- 4 tsp. Worcestershire sauce
- 10-12 crisp corn taco shells

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Add onion and ground beef/turkey along with seasonings and garlic.
- Cook for 3 minutes or until meat is cooked through and onions are tender.
- Add taco sauce and Worcestershire sauce. Cook until hot.
- Remove mixture.
- Fill taco shells with meat mixture and your choice of: shredded lettuce, raw onion, diced tomatoes, shredded jack cheese, guacamole, or sour cream.
- Yield: Serves 6 - 8

Additional Tips:

Hot Dogs are quick and easy.

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Add hot dogs lengthwise to the grill. Cook for 2-1/2 minutes or until desired brownness is achieved.

Self browning hash brown potato patties are also easily prepared.

- Preheat the **GRILLING MACHINE** for 3 - 5 minutes.
- Add hash browns and cook for approximately half the time stated on the package for oven preparation.

Fresh peppers can be grilled for 2-3 minutes for skinning purposes.

Also, great for **grilled cheese sandwiches**.

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 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. Some states do not allow the exclusion or limitations of implied warranties or consequential damages, so the above limitations or exclusions may not apply to you.

Salton, Inc. is not responsible or liable for indirect, special or consequential damages arising out of or in connections with the use or performance of the product or other damages with respect to loss of property, or loss of revenues or profit.

Legal Remedies: This warranty gives you specific legal rights, and you may also have other rights that vary from state to state.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable unit (at Salton, Inc.'s option) when the product is returned to the Salton, Inc. facility listed below. 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 8:00 am and 5:00 pm Central Standard Time** and ask for **CONSUMER SERVICE**. Please refer to Model GR30VT when you call.

In-Warranty Service for a product covered under the warranty period, no charge is made for service and return postage. Please return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the address listed below. **Customs duty/brokerage fee (outside USA), if any, must be paid by the consumer.**

Out-of-Warranty Service: There will be charges rendered for repairs made to the product after the expiration of the aforesaid one (1) year warranty period, after purchaser is advised appropriately. Include \$6.00 (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 unit: 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.

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 email us at: salton@saltonusa.com