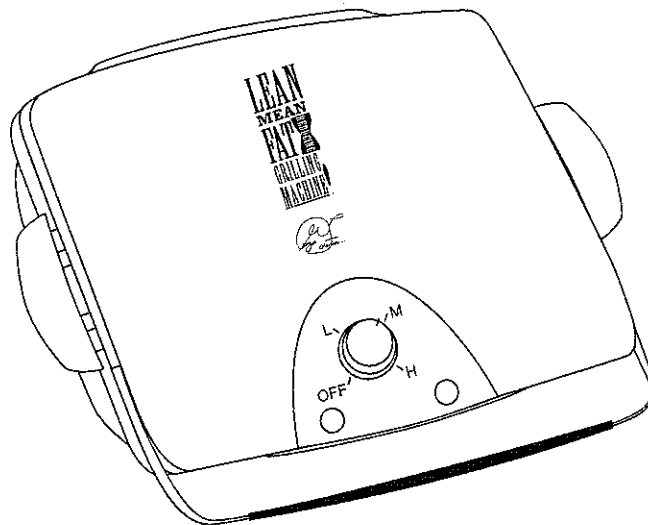
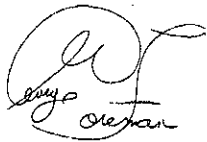


OWNER'S MANUAL

Model No. GRP90WG

GEORGE FOREMAN®

LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE!



THE NEXT GRILLERATION G5

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 the Adjustable Temperature Control to Off, 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.

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

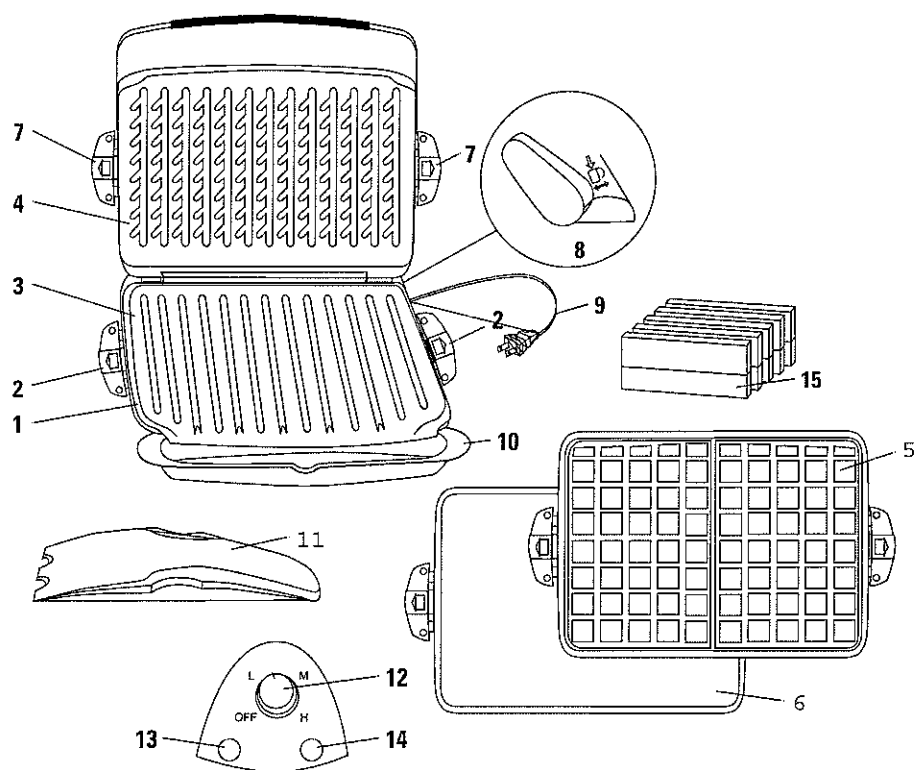
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Plasticizer Warning

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.

Getting to Know Your GRP90WG Grilling Machine



- | | |
|---|------------------------------------|
| 1. G5 Appliance Body | 8. Plate Position Lock Lever |
| 2. Lower Plate and/or Pan Release Handles | 9. Cord |
| 3. Grilling Plate (1) (P/N 22740) | 10. Drip Tray (P/N 22619) |
| 4. Steak Plate (1) (P/N 22741) | 11. Plastic Spatula (P/N 22545) |
| 5. Waffle Plates,
upper (1) (P/N 22743U)
lower (1) (P/N 22743L) | 12. Adjustable Temperature Control |
| 6. Baking Pan (1) (P/N 22742) | 13. Power Light (red) |
| 7. Upper Plate Release Handles | 14. Indicator Light (green) |
| | 15. Sponge (GFSP1) |

How to Use the George Foreman The Next Grilleration G5

1. Before using the G5 for the first time, wipe all Grilling Plates and Baking Pan with a damp cloth to remove all dust.
2. **Attach the Plates or Baking Pan:** The G5 has 5 heating Plates—1 pc Grilling Plate, 1 pc Steak Plate, 2 pcs Waffle Plates, 1 Baking Pan. Securely attach the Plates in the top and bottom of the appliance using the Release Handles on each side of the Plates and Pan. The Baking Pan should only be attached to the bottom of the appliance. The Baking Pan should only be attached to the bottom of the appliance. Use the Lock Lever in either the back, locked position or front, locked position. The back, locked position is for level cooking of foods. The front, locked position is for sloped cooking. Liquid will drain to the Drip Tray when in the front, locked position.

NOTE: When attaching the Plates or Baking Pan, carefully and securely attach each into the appliance using the Release Handles on the Plates or Pan.

3. **To Preheat:** Close the Lid and plug the cord into a 120V AC outlet. Turn the Adjustable Temperature Control from "Off" to Low, Medium or High temperature as desired. The Power light (red) and Indicator light (green) will turn on. See the **Suggested Cooking Chart** for specific temperature settings. When the appliance is preheated, the Indicator light (green) will go off.
Note: When the correct temperature is reached for preheating, the Power light will be on although the Indicator light will turn off.
4. Use a pot holder to carefully open the Lid.
5. Slide the grease-catching Drip Tray under the front of the unit.
6. Carefully place or pour the food to be cooked on the bottom Plate or Pan.
7. Close the Lid and allow the food to cook for the desired time. **Do not leave the unit unattended during use! Reminder: The heat continues to be "On" until the appliance is turned to the "Off" position.**
8. After the desired amount of cooking time, the food should be done.
9. Turn the Adjustable Temperature Control to the "Off" position. Disconnect the plug from the wall outlet.

CAUTION: To avoid any sparks at the outlet while disconnecting the plug, make sure the power is off before disconnecting the plug from the outlet.

10. Use a pot holder to carefully open the Lid.
11. Remove the food using the Plastic Spatula provided. Be sure to always use either plastic or wooden utensils to avoid scratching the nonstick surface of the Plates and Pan. Never use metal tongs, forks or knives as these can damage the coating on the Plates and Pan.
12. When cool, the Drip Tray may be removed and emptied. **Be sure the liquid has cooled before removing the Drip Tray.**

NOTE: Do not remove or change the Plates or Baking Pan while the unit is hot. The appliance must cool completely before removing or changing the Plates or Pan.

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 food being cooked. To be sure that the food is truly done, use a cooking thermometer. If more cooking time is needed, reset the Adjustable Temperature Control and check the food periodically to avoid overcooking

Food	Minutes	Setting	Notes
Beef, Lamb, Pork			
Beef flank steak	6-7	Med	sliced thinly
Beef hamburger, 4 oz.	3-5	Med	
Beef kebabs	5-7	Med	1-inch pieces
Beef ribeye	5-7	High	
Beef ribs, short ribs	7-8	Med	parboil first
Beef tenderloin	4-6	High	
Lamb, ground	6-7	Med	
Lamb kebabs	6-8	Med	1-inch pieces
Lamb loin chops	4-6	Med	
Bacon	10-13	High	Baking Pan
Bacon	7-8	High	Grilling Plate
Pork center cut chops	4-5	Med	½-inch thick
Pork, ground	5-7	Med	
Ham	2-4	Med	fully cooked, ½-inch thick slice
Pork loin chops	4-5	Med	½-inch thick
Ribs, baby back ribs	4-6	Med	parboil first
Sausage	4-6	Med	lowfat, link or patty style
Poultry			
Chicken breasts	6-8	Med	boneless/skinless
Chicken kebabs	6-8	Med	1-inch pieces
Chicken thighs	6-7	High	
Turkey, ground	8-9	Med	
Turkey breast	4-5	Med	boneless/skinless
Seafood			
Fish steak (firm)	6-8	Med	½-1 inch thick
Fish kebabs	6-8	Med	1-inch pieces
Fish fillet	3-5	Med	
Scallops	4-6	Med	
Shrimp-medium	1½-2½	High	
Trout	3-5	Med	
Sandwiches & Snacks			
Cheese or ham sandwich	2-3	High	
Tuna melt, Rye or Roast beef	3-4	Med	
Single Serving Pizza (7-inch)	8-10	Med	Baking Pan
French fries - reg cut	12-14	High	Baking Pan
Chicken nuggets	5-7	High	Baking Pan
Mini quiche	12-14	Med	Baking Pan
Waffles	3-5	High	2/3 c. Batter

Food	Time	Setting	Notes
Burrito	8-10	Med	Baking Pan
Tacquitos	6-8	High	Baking Pan
Fruit & Vegetables			
Apple	2-3	Med	½-inch slices
Asparagus	4-5	Med	lengthwise
Bananas	1-2	Med	sliced lengthwise
Carrots	6-8	Med	½-inch thick slices
Eggplant	8-10	Med	¼-½ inch thick slices
Onions	2-3	High	thinly sliced
Peaches	1-2	Med	cut in half or sliced
Peppers	4-5	High	thinly sliced
Pineapple	2-3	Med	½-inch thick slices
Potatoes, baking	7-8	High	¼-½ inch thick slices
Potatoes, red	7-8	High	¼-½ inch thick slices
Squash	7-9	Med	¼-½ inch thick slices

PLEASE NOTE: The USDA recommends that meats such as beef, lamb etc. should be cooked to an internal temperature of 145°F. Pork should be cooked to an internal temperature of 160°F and all poultry products should be cooked to an internal temperature of 170-180°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.

Recipes for George Foreman The Next Grilleration G5

Fresh Home-Baked Biscuits

2 c.	all-purpose white flour
2½ t.	baking powder
½ t.	salt
5 T.	lowfat margarine
¾ c	lowfat milk

Mix the flour, baking powder and salt. Mix the margarine into the flour mixture until it resembles coarse crumbs. Add the milk. Stir with a fork until the dough forms a ball. Place on a floured surface. Knead the dough about 10 times. Roll the dough into a circle about ¼-inch thick. Use a 2 to 3-inch round cutter to cut out circles.

Place the Steak Plate in the top of the unit and the Baking Pan in the bottom. Set the Lock Lever to the back, locked position. Set the temperature to Medium and preheat. Place the biscuits in the Pan 1-inch apart. Close the Lid. Bake 6-8 minutes. Makes 8 to 12 biscuits.

Sunny Eggs & Bacon

4 pieces	smoked turkey bacon
2	eggs
½ t.	black pepper

Place the Steak Plate in the top of the grill and the Baking Pan in the bottom. Set the Lock Lever to the back, locked position. Place the bacon in the grill. Set the temperature to High. Do not preheat. Close the Lid. Grill the bacon for 10-13 minutes. Drain the bacon on paper towels. Break the eggs into the grill and dust with pepper. Close the Lid and cook for 1 minute. Open the Lid and flip the eggs. Close the Lid and cook as desired: 1 minute for over-easy eggs, 1½ minutes for over-medium eggs, and 2 minutes for over-hard eggs. Transfer the eggs to individual plates and serve with crispy bacon. Serves 2.

Tenderloin Steaks with Grilled Mushrooms & Blue Cheese

4 oz	fresh mushrooms, sliced (or 4 oz. can sliced mushrooms)
1 strip	turkey bacon, cut into 4 pieces
4	4 oz. beef tenderloin steaks
	salt and black pepper
4 t.	blue cheese, crumbled (substitute gorgonzola cheese)

Place the Steak Plate in the top of the unit and the Grilling Plate in the bottom. Set the Lock Lever to the front, locked position. Set the temperature to High and preheat. Place the mushrooms on the Grilling Plate and top with the bacon. Close the Lid. Cook for 8 minutes. Cook until the bacon is crisp and mushrooms are browned. Discard the bacon. Remove the mushrooms and keep warm. Dust the steaks with salt and pepper to taste. Close the Lid. Grill the steaks for 4 minutes. Check the steaks and continue grilling if needed. To serve, top each steak with 1 teaspoon of the cheese and the mushrooms. Serves 4.

Greek Oregano Chicken

¼ c.	extra-virgin olive oil
2 T.	fresh lemon juice
3 T.	dried Greek oregano
1 clove	garlic, minced
1 t.	black pepper
½ t.	salt
4 halves	boneless, skinless chicken breasts

Combine all ingredients except the chicken in a self-sealing plastic bag. Add the chicken breasts and turn to coat. Refrigerate 1 to 4 hours. Place the Steak Plate in the top of the unit and the Grilling Plate in the bottom. Set the Lock Lever to the front, locked position. Set the temperature to Medium and preheat. Close the Lid. Cook the chicken for 6 minutes. Discard the marinade. Check the chicken continue grilling until no pink remains and the internal temperature of the meat reaches 180°F. Serves 4.

Grilled Halibut with Citrus-Caper Sauce

2 T.	lowfat margarine
2 T.	extra-virgin olive oil
¼ c.	fresh lemon juice
¼ c.	fresh orange juice
¼ t.	Dijon mustard
2 T.	capers, drained
4	6 oz. halibut steaks
1 t.	lemon pepper
2 T.	fresh Italian parsley, chopped

In a small saucepan, melt the margarine with the oil over low heat. Add the lemon juice, orange juice, mustard and capers. Blend and simmer 2-3 minutes. Place the Steak Plate in the top of the unit and the Grilling Plate in the bottom. Set the Lock Lever to the front, locked position. Set the temperature to Medium and preheat. Place the steaks on the Grilling Plate and sprinkle with lemon pepper. Cook for 7 minutes. Check and continue grilling if necessary. To serve, top each steak with sauce and fresh parsley. Serves 4.

Chocolate Chip Cookies

2½ c.	all-purpose flour
1 t.	baking soda
1 c.	lowfat margarine, softened
¾ c.	packed brown sugar
½ c.	white sugar
2	eggs
1 t.	vanilla extract
12 oz.	pkg. semisweet chocolate chips

Mix together the flour and baking soda; set aside. In a large bowl, mix the margarine and sugars until light and fluffy. Add the eggs and vanilla; stir again. Add the flour mixture and stir until a smooth batter forms. Fold in the chips. Place the Steak Plate in the top of the unit and the Baking Pan in the bottom. Set the Lock Lever to the back, locked position. Set the temperature to Medium and preheat. Drop the cookies by teaspoons, 2 inches apart, in the Baking Pan. Flatten each cookie with the back of a spoon. Close the Lid. Bake 6-8 minutes. Remove cookies with a plastic spatula and cool. Cookies will be soft until cooled. Repeat with the remaining dough. Makes about 40 cookies.

User Maintenance Instructions

CAUTION: To avoid accidental burns, allow your appliance 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 the plug, make sure the power is off before disconnecting the plug from the outlet.

2. **Inside cleaning:** Place the Drip Tray under the appliance. To clean the Plates, use the specially designed Spatula to scrape off any excess fat and food particles. Wipe the Plates dry with a paper towel or sponge. Run off will drip into the Drip Tray. To clean the Baking Pan, use the specially designed Spatula to scrape off any remaining food particles. Wipe the Pan dry with a paper towel or sponge.
3. Empty the Drip Tray and wash with warm, soapy water. The Plates and Baking Pan may be removed from the unit by pulling out on the Release Handles. Wash in warm, soapy water and dry thoroughly. Reinstall the Plates or Pan, making sure they are securely attached to the appliance. The removable Plates and Pan 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.