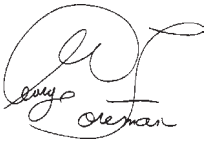


**OWNER'S MANUAL**  
Model No. GF64G Series

# GEORGE FOREMAN®

LEAN  
MEAN  
FAT REDUCING  
GRILLING  
MACHINE!



## G2 GRILL/GRIDDLE



# 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, 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 both Temperature Control Dials 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 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.*

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 Grill 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. **CAUTION:** *When using only one side of the appliance be aware that the surface of the other side may get hot. Always use pot holders or oven mitts to prevent injury to persons or property.*

## 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

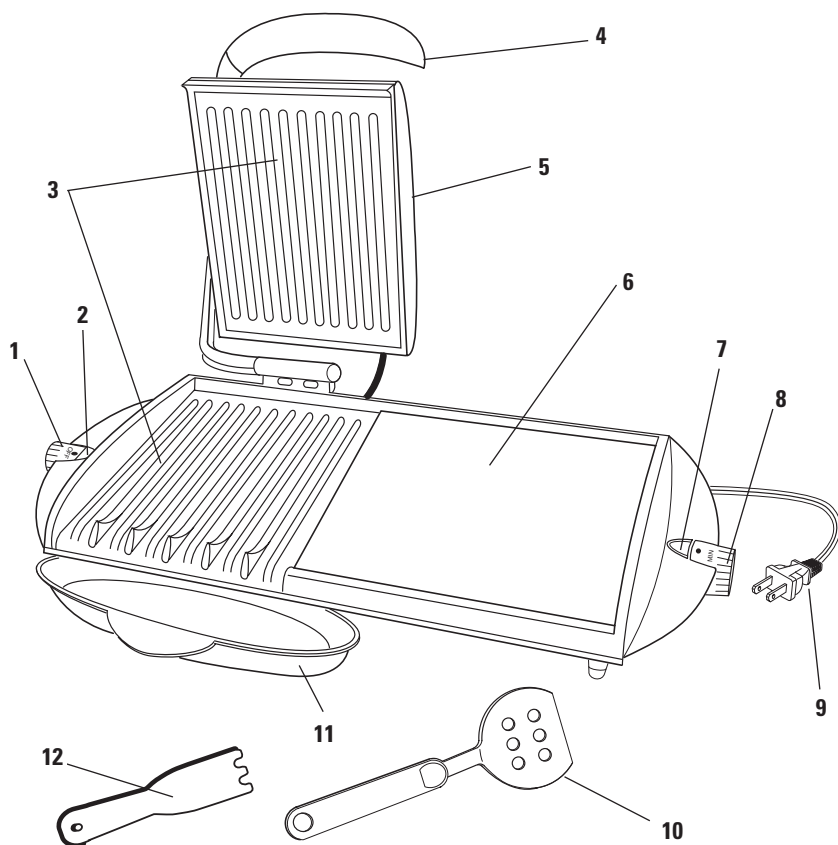
If the electric circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

## Plasticizer Warning

**CAUTION:** To prevent Plasticizers from migrating from the finish of the counter top or table top or other furniture, place **NON-PLASTIC** coasters or placemats 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 GF64G Grilling Machine/Griddle



- |                                    |  |
|------------------------------------|--|
| 1. Temperature Control Dial, Grill | 8. Temperature Control Dial, Griddle     |
| 2. Power-On Light, Grill           | 9. Cord                                  |
| 3. Grilling Plates                 | 10. Plastic Spatula, Griddle (P/N 20493) |
| 4. Cool Touch Handle               | 11. Drip Tray, Black, (P/N 22794)        |
| 5. Lid                             | 12. Plastic Spatula, Grill (P/N 20166)   |
| 6. Griddle Surface                 |  |
| 7. Power-On Light, Griddle         |  |

# Features

**Non-Stick Cooking Surfaces** - Covers the Grilling Plates and Griddle Surface for reduced fat cooking and easy cleaning.

**Grilling Surface** - Sears in the juices and flavors of your favorite foods, and allows fats to drip from the grill ribs into the Drip Tray for healthy, fat free cooking.

**Griddle Surface** - Large, smooth, non-stick cooking surface with uniform temperature conduction for cooking food items such as pancakes, hash browns, eggs, grilled cheese sandwiches, chopped vegetables, etc.

**Heat settings** - Variable heat settings provide perfect control in a multitude of cooking tasks.

**Removable Drip Tray** - Collects fats and juices during cooking. Dishwasher safe (on top rack) for easy cleaning.

## Grilling Hints and Tips

- Use tender cuts of meat for grilling.
- Marinate tougher cuts of meat to tenderize them before grilling.
- To avoid drying out meat and fish, do not pierce with a utensil.
- Adjust heat setting gradually and only as necessary. Cooking foods at too high a temperature can cause them to dry out.
- Better cooking results will be achieved with boneless cuts of meat, chicken and fish.
- Cut the edge of the meat in several places to prevent curling of the meat.
- If grilling more than one item, select foods of even thickness. This will promote consistent doneness and appearance.
- For grilling small portions, make sure meat is centered on Grill. When grilling larger portions, distribute evenly and allow one inch space between foods to promote uniform cooking.
- When grilling fish or chicken breast fillets, tuck extremely thin parts under to prevent overcooking.
- If food is under-cooked when removed from Grill, simply return to Grill for additional cooking time.

# How To Use George Foreman's Lean Mean Fat Reducing Grilling Machine/ Griddle

1. Before using this appliance for the first time, wipe the Grilling Plates and the Griddle Surface with a damp cloth to remove all dust. Wash the Drip Tray and Spatulas in warm, soapy water. Rinse thoroughly and wipe dry.
2. **To preheat:** Turn the left hand Temperature Control Dial (Grill) and the right hand Temperature Control Dial (Griddle) to OFF. Plug the cord into a 120V AC outlet then close the Lid on the Grilling side of the unit. If you are using the Grilling surface, turn the Temperature Control Dial on the Grill side to MIN, MED or MAX, according to your cooking needs and allow it to preheat until the power light goes off. If you are using the Griddle surface, turn the Temperature Control Dial on the Griddle side to MIN, MED or MAX, according to your cooking needs and allow it to preheat until the power light goes off. Since each side of the Grill/Griddle has independent controls and heating elements, you may use each side at a different temperature, or set each side to the same temperature, if preferred. Note that when the elements are heating, the Power On Lights illuminate. They will remain ON until the set temperature has been reached then cycle on and off as the set temperature is being maintained.
3. Use a pot holder to carefully open the Lid.
4. Slide the grease catching Drip Tray under the front of the unit.
5. Carefully place the items to be cooked on the bottom Grilling Plate or the Griddle Surface. If using the Grill, use a pot holder to carefully close the Lid.
6. Allow the food to cook for the desired time. (Consult the recipe section at the back of this book for some suggestions). ***Do not leave appliance unattended during use!***
7. After the desired amount of time, the food should be done.
8. If using the Grill, use a pot holder to carefully open the Lid.
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. When finished, turn Temperature Control Dials to OFF. Disconnect the plug from the wall outlet and let the appliance cool completely.  
***CAUTION: To avoid any sparks at the outlet while disconnecting plug, make sure the "Power-On Lights" are off (not illuminated) before disconnecting the plug from the outlet.***
11. When cool, the Drip Tray may be removed and emptied. **Be sure the liquid has cooled before removing Drip Tray.**

# Grill 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. The following chart is for the maximum amount of food on the grill. Smaller quantities may take less time. To be sure that the food is truly done, use a cooking thermometer.

## When cooking the following items, we recommend setting your Grill to MED:

	Rare 145°F*	Medium 160°F*	Well 170°F*
Salmon Filet, 1" thick, 8 oz each, (3)	7 min.	8 min.	
Salmon Steak, 1" thick, 10 oz each	8 min.	9 min.	
Sword Fish, 1" thick, 6 oz each	8 min.	9 min.	
Tuna Steak, 1" thick, 6 oz each	6 min.	8 min.	
White Fish, 1/2" thick, 6 oz each	4 min.	6 min.	
Turkey Burger, 3/4" thick, 4 oz each			8 min.
Turkey Burger, 3/4" thick, 8 oz each			12 min.
Sea Scallops, 1" thick, 1 oz each	3 1/2 min.	4 1/2 min.	
Shrimp, Split Shell, med. size, 1/2 lb.		5 min.	
Center Cut Pork Chops, 1/2" thick, 6 oz each		10 min.	11 min.
Center Cut Pork Loin, 1" thick, 8 oz each		12 min.	14 min.
Frozen Hamburger, 3/4" thick, 4 oz each		12 min.	13 min.
Frozen Hamburger, 1" thick, 8 oz each		15 min.	18 min.
Chicken Breast (boneless/skinless) 1 1/2" thick, 6-8 oz each			9 min.
Frozen Chicken Breast (boneless/skinless) 1 1/2" thick, 6-8 oz each			13 min.
Chicken Breast bone-in, up to 2 1/2" thick, 6-8 oz each			23 min.
Link Sausage		5 min.	7 min.
Sliced Sausage, 1/2" thick		6 min.	7 min.

## When cooking the following items, we recommend setting your Grill to MAX:

Hamburger, 3/4" thick, 4 oz each		6 min.	7 min.
Hamburger, 3/4" thick, 8 oz each		10 min.	11 min.
Fajita Beef, 1/2" thick slices	1 1/2 min.	2 min.	2 1/2 min.
T-Bone Steak, 3/4" thick, 12 oz each	4 min.	5 min.	6 min.
Frozen T-Bone, 3/4" thick, 12 oz each	6 min.	7 min.	8 min.
NY/KC Strip Steak, 3/4" thick, 8 oz each, (3)	4 min.	5 1/2 min.	7 min.
Frozen NY/KC Strip Steak, 1" thick, 8 oz each	10 min.	11 1/2 min.	13 min.
Ribeye Steak, 3/4" thick, 8 oz each, (2)	4 min.	4 1/2 min.	5 1/2 min.
Frozen Ribeye Steak, 1" thick, 10 oz each	10 1/2 min.	11 1/2 min.	12 1/2 min.
Onions and Peppers (brush with olive oil)		8 1/2 min.	15 min.
Hot Dogs			6 min.
Bratwurst			10 min.

**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.

\* Internal Food Temperatures



# Griddle Cooking Chart

<b>Food</b>	<b>Temperature</b>	<b>Cooking Time</b>
Bacon Place on cold griddle & turn often.	MED-MAX	5 - 15 minutes
Eggs	MED	2 - 6 minutes
Freedom Toast	MED	8 - 12 minutes
Grilled Sandwiches	MED	5 - 10 minutes
Pancakes	MED-MAX	3 - 4 minutes
Texas Toast	MED-MAX	2 - 5 minutes
Hamburger Buns (Do not turn)	MED-MAX	3 - 5 minutes

Turn all food items halfway through cooking time.

# User Maintenance Instructions

**CAUTION: To avoid accidental burns, allow your Grilling Machine/Griddle to cool thoroughly before cleaning.**

1. Before cleaning, turn the left hand Temperature Control Dial (Grill) to OFF, the right hand Temperature Control Dial (Griddle) to OFF and unplug from the wall outlet and allow to cool.

**CAUTION: To avoid any sparks at the outlet while disconnecting plug, make sure the "Power On Lights" are off (not illuminated) 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. Wipe the cooking surfaces of the Grill and Griddle with absorbent paper towels or a sponge.
3. **Stubborn build-up:** If necessary, use a non-metallic scrubbing pad to clean the Cooking Plate and a stiff, non-metallic brush to clean between the grill ribs. Do not use steel wool, scouring pads, or abrasive cleaners on any part of the Grill/Griddle.
4. Empty the Drip Tray and clean with warm soapy water. Wipe dry.
5. **Outside cleaning:** Wipe with a warm, damp 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 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.

# Recipes

## Fajitas

### Marinade

- 1/4 cup olive oil
- 2 Tbsp. Apple Cider vinegar
- 1 tsp. Tabasco® pepper sauce
- 2 Tbsp. lemon juice
- 1 tsp. chili powder
- 1 tsp. salt
- 1/4 tsp. garlic salt

### Fajita Mixture

- 1 Tbsp. olive oil
- 1/2 red pepper, thinly sliced in rings
- 1/2 green pepper, thinly sliced in rings
- 1/2 onion, thinly sliced in rings
- 1/2 lb. chicken breast fillets or sirloin steak, cut lengthwise into 1/2' wide strips
- 4 tortillas

1. Prepare marinade. Add Fajita mixture, toss and cover. Marinate for 30 minutes or longer in the refrigerator.
2. Preheat the Grill on MED and the Griddle on MED for 5 minutes.
3. Place Fajita mixture on Grill for 6 minutes or until done according to your preference.
4. Place flour tortilla on Griddle for 1 minute, turn over and continue cooking for 1 minute or until hot.

Serve with your favorite condiments: salsa, sour cream, shredded cheese, avocado or refried beans.

Serves 2

## Recipes (Cont.)

### **Toast L'Orange with the Champ's Sausage Without Guilt**

2 eggs  
1/4 cup milk  
1/4 cup orange juice  
1 Tbsp. sugar  
1 tsp. orange peel  
1/4 tsp. salt  
6 slices cinnamon bread  
2 Tbsp. vegetable oil

#### **Sausage**

2 slightly beaten egg whites  
2/3 cup finely chopped onion  
1 cup finely chopped fresh apple  
1/2 cup seasoned bread crumbs  
1/4 snipped fresh parsley  
1/2 tsp. sea salt  
1 tsp. ground sage  
1/4 tsp black pepper  
1/8 tsp. Cayenne pepper  
1 lb. ground turkey breast

1. To make the toast, whisk the eggs, milk, orange juice, sugar, orange peel, and salt together, and set aside.
2. Make the sausage by combining the egg whites, onion, apples, breadcrumbs, parsley, salt, sage, black pepper, and cayenne pepper. Add the ground turkey and mix well. Shape into 18 2-inch wide patties.
3. Preheat the Grill on MED and the Griddle on MED for 5 minutes.
4. Dip 3-4 slices, both sides, of bread in egg mixture. Place on Griddle and cook 6 minutes, turn over and continue cooking another 6 minutes or until hot. Repeat for remaining slices of toast.
5. Place 9 of the patties on the Grill for 4 minutes or until the meat is no longer pink and the juices run clear. Repeat for the remaining patties.

Serve sausage and toast with butter and orange marmalade.

Serves 6

## **Pork Tenderloin with Grilled Pineapple Rings**

4 center cut pork loins, 1" thick  
1/4 cup low sodium soy sauce  
1/2 Tbsp. ground ginger  
1/4 tsp. black pepper  
2 Tbsp. sesame oil  
1 Tbsp. sesame seed  
4 fresh pineapple slices, 1/2" thick  
1 Tbsp. butter  
1 clove garlic

1. Combine the soy sauce, ginger, garlic, pepper, sesame oil and sesame seed in a flat glass pan.
2. Remove all visible fat from the pork. Marinate the tenderloin in the soy sesame ginger sauce in the refrigerator 1 to 2 hours.
3. Preheat the Grill on MED and the Griddle on MED for 5 minutes.
4. Spread the butter over the Griddle surface. Place the pineapple slices on the Griddle and grill for 6 minutes, turn over and continue grilling another 6 minutes or until hot.
5. Place pork loins on the Grill for 10 minutes or until done according to your preference.
6. Remove tenderloin and top with a pineapple slice.

Serves 4





## 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](mailto: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.

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