

GEORGE FOREMAN®

HEALTHY COOKING




SmartTemp Grill

Instructions & Warranty

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed.

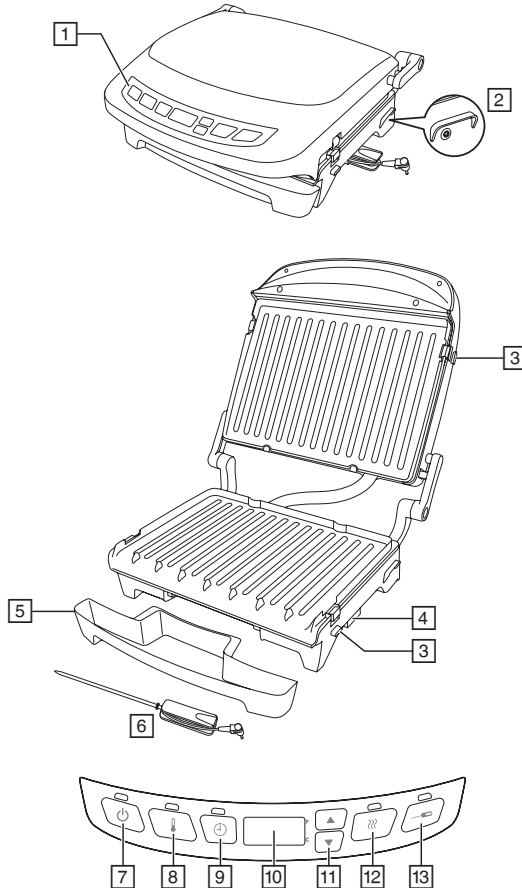
1. To protect against electrical hazards do not immerse the power cord, plug or grill in water or any other liquid.
2. Do not use in the bathroom or near any source of water. 
3. Do not use outdoors.
4. Always use the appliances handles as some parts will be hot. The temperature of accessible surfaces/parts may become very hot when the appliance is operating.
5. Do not touch the hot cooking surfaces.
6. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
7. Always turn off and unplug from the power outlet before cleaning the appliance.
8. To disconnect, turn off the wall power outlet, then grasp the plug and remove from wall power socket. Never pull by the cord.
9. Do not operate this appliance with a damaged cord or plug or after the appliance has malfunctioned, or been dropped or damaged in any manner. Contact Customer service for replacement, examination, repair or adjustment.
10. There are no user serviceable parts. If the power cord or appliance is damaged, it must be replaced or repaired by the manufacturer or similarly qualified person in order to avoid a hazard.
11. Do not use on an inclined plane or unstable surface.
12. Do not move the appliance when in use.
13. Do not cover the appliance when in use.
14. Take care when opening the lid of the appliance, there may be some steam.
15. Always take care when removing food after cooking as it is hot.
16. Food may burn. Always monitor when using this appliance.
17. Do not use the appliance near or below any curtains or other combustible materials.
18. Keep the appliance and the power cord away from the edge of tables or countertops and out of reach of children and persons with disabilities.
19. Do not cook food wrapped in plastic film or polythene bags. It will cause a fire hazard.
20. Always clean the appliance after use.
21. Follow the instructions when cleaning this appliance.
22. Do not place on or near any heat sources.
23. Do not leave the appliance unattended when in use.
24. Do not use appliance for other than its intended purpose.
25. This appliance is not a toy. Children should be supervised to ensure they do not play with the appliance.
26. This appliance is not intended to be operated by means of an external timer or separate remote control system.
27. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD), also often referred to as a 'Safety Switch'. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.
27. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast environments.

SAVE THESE INSTRUCTIONS
THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

Congratulations on the purchase of your George Foreman Grill. Each unit is manufactured to ensure safety and reliability. Before using the appliance for the first time, please read the instruction book carefully and keep it for future reference. Pass it on if you pass on the appliance.

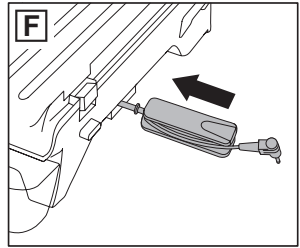
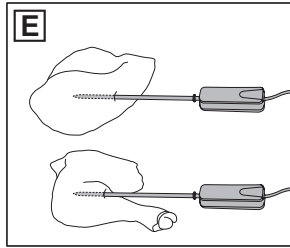
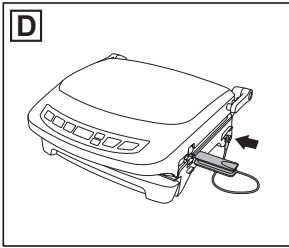
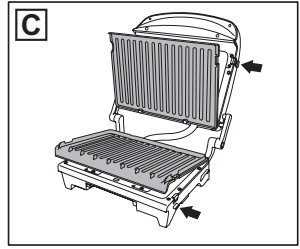
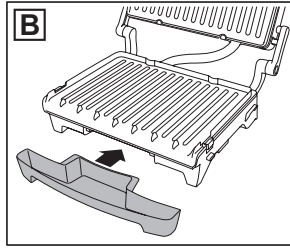
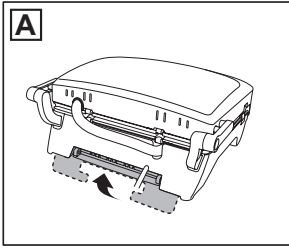
When using electrical appliances, basic safety precautions should always be followed.

 The surfaces of the appliance will get hot



PARTS

- | | |
|--------------------------|-------------------------|
| 1. Control panel | 8. Temperature button |
| 2. Probe connector | 9. Timer button |
| 3. Plate release buttons | 10. Display |
| 4. Probe storage | 11. Adjust buttons |
| 5. Drip tray | 12. Sear/Steak button |
| 6. Probe | 13. Probe select button |
| 7. On/off button (⏻) | |



BEFORE USING YOUR GRILL

- Remove any packaging and labels from the appliance.
- Wipe the exterior and cooking plates with a damp cloth to remove any dust.
- Place the grill on a stable, level, heat-resistant surface, in a well ventilated area, with the lid closed.
- Plug the power cord into a wall power outlet and switch the outlet on.
- Press the ON button
- The grill will heat to 175 degrees (default temperature), when the grill reaches operating temperature, the grill will emit 3 beeps and the LED will flash and change to green.

Note: When using your grill for the first time, the unit may emit a fine smoke vapour and scent. This is normal and is caused by the first heating of the new elements and new cooking plates.










- Press the on/off button, switch the power off at the wall power outlet, allow the grill to cool then wipe over the cooking plates once again using a damp cloth.
- Select the sear function and allow the unit to finish cycle - the light will turn green and you will hear three beeps.

FLAT FOR SANDWICHES OR TILTED FOR GRILLING?

- You may raise the rear foot to tilt the grill and speed the flow of fat into the drip tray, or leave it flat to prevent fillings such as melting cheese moving towards the front of the grill (FIG A).
- Grill meat, burgers, anything that exudes fat, on the tilt.
- Grill sandwiches, panini, foods with fluid fillings like melting cheese, on the flat.
- Centre the drip tray under the front of the grill, to catch run-off.





BASIC GRILLING

Use the basic grilling function for simple grilling, panini, sandwiches, etc.

- Sit your grill on a stable, level, heat-resistant surface, away from cupboards, curtains, etc.
 - Slide the drip tray between the two runners underneath the front of your grill (FIG B). Slide the tray all the way in. The drip tray will collect any fat or juices that run off the plates during cooking.
 - Decided whether you want the grill level or tilted.
1. Plug the grill in. The grill will beep and the red power light will flash slowly.
 2. Press the  button. If you don't press the  button within 2 minutes, your grill will enter sleep mode and the red power light will stop flashing. Press the  button again to wake your grill.
 3. The light above the temperature () button will come on and the display will show **175** (default). The default temperature units are in **°C**.
 4. Set the temperature you require using the  and  buttons. The range is from 150°C to 220°C in 5° increments.
 5. While your grill is heating up, the light above the temperature button will light up red, and the figures on the display will flash. When your grill has reached the selected temperature, the light will turn green, the display will stop flashing and your grill will beep three times. During cooking, this sequence will be repeated as your grill maintains the temperature. This is normal.
 6. When the selected temperature has been reached place the food onto the grill and close the lid.
 7. When you have finished cooking press the  button then unplug the grill.
 - You can adjust the temperature at any time using the  and  buttons.
 - Check that the food is cooked. If you're in any doubt, cook it a bit more.
 - Wear oven gloves or similar protection.
 - Remove the cooked food with wooden or plastic tools.
 - The hinge is articulated to cope with thick or oddly shaped foods.
 - The grill plates should be roughly parallel, to avoid uneven cooking.
 - When necessary, use an oven glove and empty the drip tray. Wipe it with kitchen paper then replace it under the front of the grill.

SEAR FUNCTION

The sear function raises the temperature to 260°C for 90 seconds. The sear function works best with close-grained red meat like beef, lamb, venison, buffalo, bison, etc., cut into steaks (across the grain of the meat). The meat should be between 5 mm and 25 mm thick.

1. Press the  button.
2. Press the sear () button. The light above the sear button will light up red and the display will show **260**.
3. When your grill has reached the sear temperature, the light will turn green, the display will stop flashing and your grill will beep three times.
4. Wear an oven glove and open the grill. Place the food onto the bottom grill plate, then close the grill.
5. Wait till the grill beeps again (after 90 seconds) then open the grill
6. You can repeat the sear function four times one after the other but if you try to use it more than this the display will show “*ERR*” (ERRor). Press the  button and allow your grill to cool for 10 minutes before using the sear function again.
7. At the end of the sear function, your grill will revert to the previously set temperature. However, it will take time to cool down.
8. To cancel the sear function at any time, press the  button.

The outside surfaces of the food will be seared to a deep brown, while the inside should be rare to medium rare (depending on the thickness of the food).

You now have the option of removing the food right away, (for rare or medium), or leaving it to cook at the default temperature for a little longer if you want the meat more well done.

Tips for perfect steaks








- Ideally, steak should be 12 - 15 mm thick (fillet steaks can be thicker).
- Always allow the steaks to come up to room temperature before cooking. Don't try to cook them straight from the fridge.
- Pat the steaks dry with kitchen paper before placing on the grill.
- Season just before cooking. Be sparing with the salt or leave it out altogether (you can always add salt for flavour after cooking). Adding salt before cooking can draw water to the surface of the steak where it will boil during cooking. The steak will be steamed rather than seared, and will be grey instead of brown.
- Resting steaks after cooking is crucial for the best results. Allow them to rest for a minimum of 3 minutes before serving. Correct resting allows the juices within the meat to be reabsorbed giving a tasty, succulent steak.

TEMPERATURE PROBE FUNCTION

Many people judge if meat is cooked by touch or sight, or from the length of the cooking time. The use of the temperature probe has several benefits over these methods:

- Provide consistent, repeatable results
- Prevent overcooking
- Prevent under cooked food
- Eliminate guesswork






In use, the sharp point of the temperature probe is inserted into the food and the other end is connected to your grill. The probe constantly sends the internal temperature of the food to your grill where it is compared to a target temperature you have previously set. Once reached, your grill will sound an alarm and switch off.

1. Connect the temperature probe to your grill (FIG D).
2. Press the  button.
3. Set the cooking temperature you require using the  and  buttons and allow your grill to heat up.
4. Press the probe () button. The light above the probe button will light up red and the display will show 75 (default).
5. Set the probe temperature you require using the  and  buttons. The range is from 48°C to 81°C in 3° increments.
6. Insert the temperature probe into the food and carefully place the food onto the preheated grill. Make sure that the probe doesn't affect the lid closing or that the cable isn't pinched when the lid is closed.
7. During cooking, the display will alternate between showing the target temperature you have set and the temperature that the probe is actually reading. When the internal temperature of the food matches the target temperature, the light above the probe button will turn green and your grill will beep five times. The heaters of your grill will switch off when the target temperature is reached but since cooking will continue due to the residual heat, remove the food as soon as possible.
8. To cancel the function at any time, press the  button.
 - If you forget to plug in the probe the display will show "NO PRoBe" (NO PRoBe) and your grill will beep.
 - The probe will become HOT during use.
 - Always insert the probe into the thickest part of the meat away from any bone or fat which can give a false reading (FIG E).
 - For the most accurate temperature reading, make sure that the probe is placed as central as possible between the upper and lower surfaces of the meat.
 - Before and after use, clean the probe with warm soapy water, rinse and dry.
 - Store the probe by wrapping the cable between the two halves of the handle and inserting it into the recess on the side of your grill (FIG F).

Note: The temperature probe is a guide but you have to make up your own mind as to whether food is safe or not. Temperature probe recommended only for those foods listed on page 9.








TIMER FUNCTION

Using the timer is optional. It doesn't turn your grill off, it simply beeps five times to tell you the time is up. Use the timer with the basic grilling function. To set the timer:

1. Switch on your grill and set the desired temperature. Allow it to heat up until the light above the temperature button turns green.
2. Press the timer  button the light above the button will come on and the display will flash 5:00 (default). Use the  and  buttons to set the desired time. The time can be set from 30 seconds minute to 19 minutes 30 seconds in 30 second increments. If you don't press either button within 5 seconds, the grill will revert to temperature mode.
3. The display will stop flashing and the timer will start to count down 5 seconds after you last press the  and  button.
4. When the timer reaches zero, the grill will beep five times and the display will flash **0:00**. Remember that your grill is still active and you must remove the food to avoid overcooking it.
5. To cancel the timer function at any time, press and hold the timer button for three seconds. Your grill will revert to the basic grilling function.

ADVANCED COOKING

You can use the temperature probe feature to control exactly how you like your steak to be cooked. To cook a medium-rare or medium-well done steak, do the following:

1. Prepare the steak and insert the probe. Connect the probe to the grill.
2. Press the  button.
3. Set the temperature to 220°C using the  and  buttons.
4. Press the probe () button. The light above the probe button will light up red and the display will show **75** (default).
5. Use the  and  buttons to set the desired probe temperature (refer to the COOKING TIMES AND FOOD SAFETY table).
6. Press the sear () button. The light above the sear button will light up red and the display will show **260**.
7. Wait until the light above the sear button turns green and the grill beeps three times. The light above the probe button will also light up red.
8. Open the grill and place the steak, with the probe inserted, onto the grill plate then close the lid.
9. When the steak is cooked, the light above the probe button will turn green and your grill will beep five times.
10. Immediately open the grill and remove the steak.

COOKING TIMES AND FOOD SAFETY

The following times should be used purely as a guide. They are for fresh or fully defrosted food.

Food	Time (mins)	Probe Temp.	Grill Temp.	Notes
MEAT				
Steak: rare	-	51°C	220°C	
Steak: medium rare	-	57°C	220°C	
Steak: medium	-	63°C	220°C	
Steak: medium well	-	69°C	220°C	
Steak: well done	-	72°C	220°C	
Venison: rare		57°C	220°C	
Venison: medium rare		63°C	220°C	
Veal	-	-	-	Use the same settings as for steak
Pork chops/steaks	-	75°C	220°C	
Lamb leg steak: medium	-	69°C	220°C	
Lamb leg steak: well done	-	78°C	220°C	
Lamb chop: medium	-	63°C	220°C	
Lamb chop: well done	-	78°C	220°C	
Duck breast: medium	-	66°C	220°C	
Duck breast: well done	-	72°C	220°C	
Chicken breast	-	75°C	220°C	
Sausages	-	75°C	220°C	Insert probe lengthways down the centre of the sausage
Burgers	-	75°C	220°C	
Bacon	3-5	-	220°C	

Food	Time (mins)	Probe Temp.	Grill Temp.	Notes
FISH				
Salmon	3-5	-	200°C	
Prawns	1-2	-	200°C	
Flat fish	2-6	-	200°C	Plaice, Sole, etc.
Round fish	3-8	-	200°C	Haddock, Cod, etc.
Tuna / swordfish	5-10	-	200°C	
VEGETABLES				
Peppers	4-6	-	220°C	
Aubergine	6-8	-	220°C	Sliced
Asparagus	3-4	-	220°C	
Carrots	5-7	-	220°C	Sliced
Courgette	1-3	-	220°C	Sliced
Tomatoes	2-3	-	220°C	Halved
Onions	5-6	-	220°C	Cut into wedges
Mushrooms	3-6	-	220°C	Whole, flat mushrooms
Corn on the cob	4-6	-	220°C	
OTHER				
Haloumi	2-4	-	200°C	

- When cooking frozen foods, add 2-3 minutes for seafood and 3-6 minutes for meat and poultry (depending on the thickness and density of the food).
- Cook fish till the flesh is opaque throughout.
- If you aren't using the temperature probe, cook poultry, pork, burgers, etc., until the juices run clear.
- When cooking pre-packed foods, follow any guidelines on the package or label.

CLEANING

CAUTION: Always unplug from the wall power outlet and allow the grill to cool before cleaning.

Do not immerse the grill in water or in any other liquid.

- Before cleaning, switch off the power and remove the plug from the wall power outlet.
- Place the drip tray under the front of the grill.

CAUTION: Take extra care when cleaning the cooking plates, making sure the grill lid does not close accidentally and cause injury. Hold the grill open using the handle when cleaning the cooking plates.

- Wipe the cooking plates with paper towel to clean off any excess fat or food.
- To remove the plates, press the release button found on each side of the top and bottom grill plates.
- Hand wash the plates in warm soapy water or alternatively place in dishwasher.

CAUTION: Do not use scouring pads, scrapers, or metal objects to clean the cooking plates. They will damage the surface.

- Remove the drip tray and wash in warm soapy water using a soft sponge, nylon brush or soft sponge. Rinse and dry thoroughly.
- Alternatively place the drip tray in the dishwasher.
- To clean the grill exterior, wipe with a cloth dampened in warm soapy water. Wipe dry with paper towel.

STORAGE

- Ensure that the grill is switched off and the plug is removed from the power outlet.
- Ensure all parts have been cleaned and dried thoroughly before storing.
- Once the grill has cooled wrap the cord around the guides in the base of the grill and store in a clean, dry place.

Spectrum Brands Australia Pty Ltd

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Customer Service in New Zealand

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Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd Warranty Against Defects

In this warranty:

Australian Consumer Law means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

CGA means the New Zealand Consumer Guarantees Act 1993;

Goods means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

Manufacturer, We or **us** means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573;
or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

Supplier means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

You means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials for a (**Warranty Period**) period of 2 years from the date of purchase.

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

Warranty Conditions

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
 5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
 6. The warranty granted under clause 3 is limited to repair or replacement only.
 7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
 8. In order to claim under the warranty granted under clause 3 you must:
 - (a) Retain this warranty with your receipt/proof of purchase; and
 - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
 9. This warranty is immediately void if:
 - (a) Any serial number or appliance plate is removed or defaced;
 - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
 10. The Goods are designed for domestic use only. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
 11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
 12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.
- Contact us or the Supplier for further details.

Register your product online

If you live in Australia please visit: www.spectrumbrands.com.au/warranty

If you live in New Zealand Please visit: www.spectrumbrands.co.nz/warranty

Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

Any questions? Please contact Customer Service for advice.

GEORGE FOREMAN[®]

HEALTHY COOKING

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