

GEORGE FOREMAN®

GRV6090B



CONTACT SMOKELESS GRILL

CONTACT PARRILLA SIN HUMO

CONTACT GRIL SANS FUMÉE

USE AND CARE MANUAL
MANUAL DE USO Y CUIDADO
GUIDE D'UTILISATION ET D'ENTRETIEN



www.georgeforemancooking.com

PLEASE READ AND SAVE THIS USE AND CARE BOOK.

IMPORTANT SAFEGUARDS.

When using electrical appliances, always follow basic safety precautions to reduce the risk of fire, electric shock, and/or injury, including the following:

- Read all instructions.
- Do not touch hot surfaces. Use handles or knobs.
- The appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Close supervision is necessary when any appliance is used by or near children.
- 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.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Contact customer support or call the appropriate toll-free number in this manual.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Do not let cord touch hot surfaces or hang over edge of table or counter.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Be sure the nonstick grill plate, drip tray, and probe are assembled to the base properly (see HOW TO USE).
- To disconnect, remove plug from wall outlet.
- Do not use this appliance for other than intended use.
- 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.
- Children should be supervised to ensure that they do not play with the appliance.

SAVE THESE INSTRUCTIONS.

This product is for household use only.

GROUNDING PLUG

As a safety feature, this product is equipped with a grounded plug, which will only fit into a three-prong outlet. Do not attempt to defeat this safety feature. Improper connection of the grounding conductor may result in the risk of electric shock. Consult a qualified electrician if you are in doubt as to whether the outlet is properly grounded.

TAMPER-RESISTANT SCREW

Warning: This appliance is equipped with a tamper-resistant screw to prevent removal of the outer cover. To reduce the risk of fire or electric shock, do not attempt to remove the outer cover. There are no user-serviceable parts inside. Repair should be done only by authorized service personnel.

ELECTRICAL CORD

- a) A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
- b) Extension cords are available and may be used if care is exercised in their use.
- c) If an 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;
 - 2) If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wire cord; and
 - 3) The cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over.

Note: If the power cord is damaged, please contact the warranty department listed in these instructions.

GETTING TO KNOW YOUR GRILL

GRV6090B



HOW TO USE

This product is for household use only.

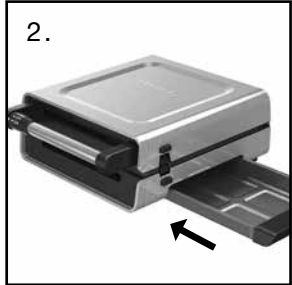
GETTING STARTED

- Remove all packing material, any stickers, and the plastic band around the power plug.
- Remove and save literature.
- Please visit www.prodprotect.com/georgeforeman to register your warranty.

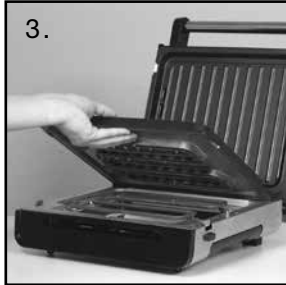
BEFORE FIRST USE

1. Wash grill plates and drip tray in warm water and dish soap. Dry thoroughly.

Disclaimer: When using the grill for the first time, you may notice smoke or a slight odor during the first few minutes if there is still oil on the plates from the manufacturing process. This is normal.



Slide drip tray into base.



Fit the grill plates onto the base by first inserting tabs at back of grill. Plates will click when correctly attached.

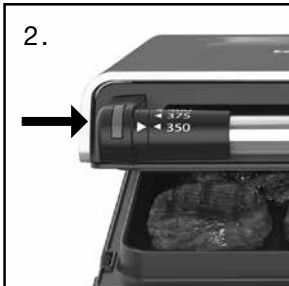
TO OPERATE

1. Plug the cord into a standard electrical outlet.



Plug the cord into a standard electrical outlet. Set temperature using temperature control dial. Align arrow to desired temperature.

Digital display light will turn red. See Cooking Guide (pg. 5) for cooking suggestions.



When the preheat indicator light turns green, the unit is ready.

Place food on grill plates and close cover.

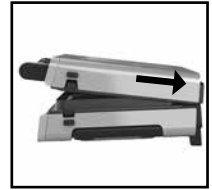


Allow food to cook for desired time. (See cooking chart).

When finished cooking, unplug the appliance.

FLOATING HINGE

- Hinge adjusts backwards and forwards, left and right to make full contact for uneven thicknesses and thicker cuts of meat.



Tips

- To avoid damaging the nonstick surface, do not use aerosol nonstick spray, sharp utensils or cut food on the cooking surface of the unit. Use silicone, heat-resistant rubber or wooden utensils.

Caution

- Because some countertop finishes are more affected by heat than others, use care not to place grill on surfaces where heat may cause a problem.
- Grill surface is hot during use.
- Do not use the grill without the drip tray or base.

The GRV6090B smokeless grill produces up to 80% less smoke than the George Foreman indoor/outdoor grill (GFO201) when grilling 1/4 lb. beef burgers (20% fat, 80% lean) with clean grill plates and drip trays.

COOKING GUIDE

The following chart is meant to be used as a guideline only. Cooking time will depend on the thickness of the food. To be sure your food is cooked, USDA recommends using a meat thermometer to test for doneness. Insert the meat thermometer into the thickest part of the meat until the temperature stabilizes.



BEEF HAMBURGER (4 OZ)

Temp: 425°F
Grill time: 5-10 min.
Cooked to 145°F



BRATWURSTS

Temp: 425°F
Grill time: 25-30 min.
Cooked to 160°F



CHICKEN BREAST

Temp: 425°F
Grill time: 15-25 min.
Cooked to 165°F



SALMON (6 OZ)

Temp: 425°F
Grill time: 2-4 min.
Cooked to 145°F



STEAK (12 OZ)

Temp: 425°F
Grill time: 8-15 min.
Cooked to 145°F



BACON

Temp: 425°F
Grill time: 10-12 min.
Cook to desired crispness



PORK CHOP (8 OZ)

Temp: 425°F
Grill time: 10-25 min.
Cooked to 145°F



VEGETABLES

Temp: 425°F
Grill time: 3-5 min.
Cook to desired doneness

CARE AND CLEANING



Caution: To avoid accidental electric shock and burns, unplug from outlet before cleaning, allow your grill to cool completely.

This product contains no user serviceable parts. Refer service to qualified service personnel.



Unplug and allow the unit to cool completely before cleaning.

Remove grill plates. Pull out and empty drip tray.

Do not immerse the unit in water.



Drip tray and grill plates are dishwasher-safe or can be hand washed.

Do not use steel wool pads or other abrasive cleaners on the cooking surface as they may damage the nonstick coating. To remove cooked-on food, use a plastic bristle brush or nylon mesh pad.



Increase the longevity of the exterior surface by wiping down/along the grain of the stainless steel with a wet paper towel.

Use stainless steel cleaner for deeper clean.



To save space, store unit on its side as shown.

GRILLED BALSAMIC FLANK STEAK

Prep Time: 5 minutes

Cook Time: 8 minutes

Total Time: 13 minutes

Servings: 4

Serving Size: about 4 oz. of steak

Ingredients:

- 2 tsp minced garlic
- ¼ cup balsamic vinegar
- 2 tsp ketchup
- ¼ cup soy sauce
- ¼ cup Worcestershire sauce
- ¼ cup olive oil
- Salt and pepper to taste
- 1 lb. flank steak

Directions:

1. Combine garlic, balsamic vinegar, ketchup, soy sauce, Worcestershire sauce, olive oil, salt and pepper in a gallon sized freezer bag. Close the bag and shake until ingredients are combined. Open the bag and place the flank steak inside. Put in the refrigerator for at least 4 hours, flipping occasionally, and up to overnight.
2. Preheat grill when ready to cook the flank steak. Set the grill to 425F. Once hot, place flank steak on the grill. Cook for about 8 minutes or until a thermometer inserted in the thickest part registers 135F or above. Note: 135F is medium rare, you can adjust the time based on how well done you want the flank steak.
3. Serving suggestions: can slice and serve on top of a salad; can slice and put in a wrap with your favorite vegetables; or you can slice and put on a pizza with sautéed onions and peppers and provolone cheese.

MUSHROOM SWISS BURGERS

Prep Time: 15 minutes

Cook Time: 5 minutes

Total Time: 20 minutes

Servings: 4

Serving Size: 1 burger

Ingredients:

- 2 tbsp olive oil
- 16 oz sliced mushrooms
- 1 half of a large onion diced
- 2 tbsp minced garlic
- Salt and pepper to taste
- 2 lbs. ground beef
- 4 slices of Swiss Cheese
- 4 Brioche hamburger buns

Directions:

1. In a sauté pan, heat the oil over high heat. Add the mushrooms and onions; season with salt and pepper to taste; sauté until they start to caramelize then add the garlic. Sauté for another 30 seconds to 1 minute. Set aside to cool.
2. In a large bowl, combine the ground beef, the cooled mushroom mixture and a little salt and pepper. Mix well with your hands then shape into 4 patties about 8 ounces each.
3. Preheat the grill to 425F. Once grill is hot place the patties on the grill. Cook until desired doneness. About 4-7 minutes, depending on how well done you want your burger. As soon as you pull the burger off of the grill, add the slice of cheese. It will melt from the heat of the burger.
4. To assemble the burger: Place the burger on the bun and add your desired toppings for the burger.