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George Foreman GR36S Owner's Manual

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GEORGE FOREMAN®

LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE



GR36S Instruction manual



IMPORTANT SAFEGUARDS

READ AND SAVE THESE INSTRUCTIONS

WARNING: A risk of fire and electrical shock exists in all electrical appliances and may cause personal injury or death. Please follow all safety instructions.

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

1. Read all instructions before using appliance.
2. Do not touch hot surfaces. Use handles or knobs and oven mitts or pot holders.
3. To protect against electric shock do not immerse cord, plugs, or cooking unit in water or other liquid, do not use it outdoors or in a bathroom.
4. Close supervision is necessary when any appliance is used near children or infirmed persons.
5. This appliance is not for use by children or infirmed persons. Store out of their reach.
6. 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.
7. To avoid hazard, do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner. Contact Salton consumer service for return authorization, examination, repair or adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
9. Do not use outdoors or while standing in a damp area.
10. Do not let cord hang over edge of table or counter where it can be tripped over or caught. Do not let it touch hot surfaces.
11. Do not place on or near a hot gas or electric burner, or in a heated oven.
12. To disconnect, slide the Variable Temperature Control to 'MIN', grasp plug and remove from wall outlet.
13. Do not use appliance for other than intended use.
14. 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.
15. Sit the appliance on a stable level, heat resistant surface, near a power socket.

16. Don't use this appliance near or below curtains or other combustible material and watch it while in use.
17. Don't wrap food in plastic film, polythene bags or metal foil - you'll damage the grill and may cause a fire hazard. Don't leave food to cool on the grill, remove food while still hot.
18. Don't use anything metal or sharp objects on the grill, you'll damage its non-stick cooking surface. Use a wooden or plastic spatulas or tongs.
19. This appliance is not a toy.

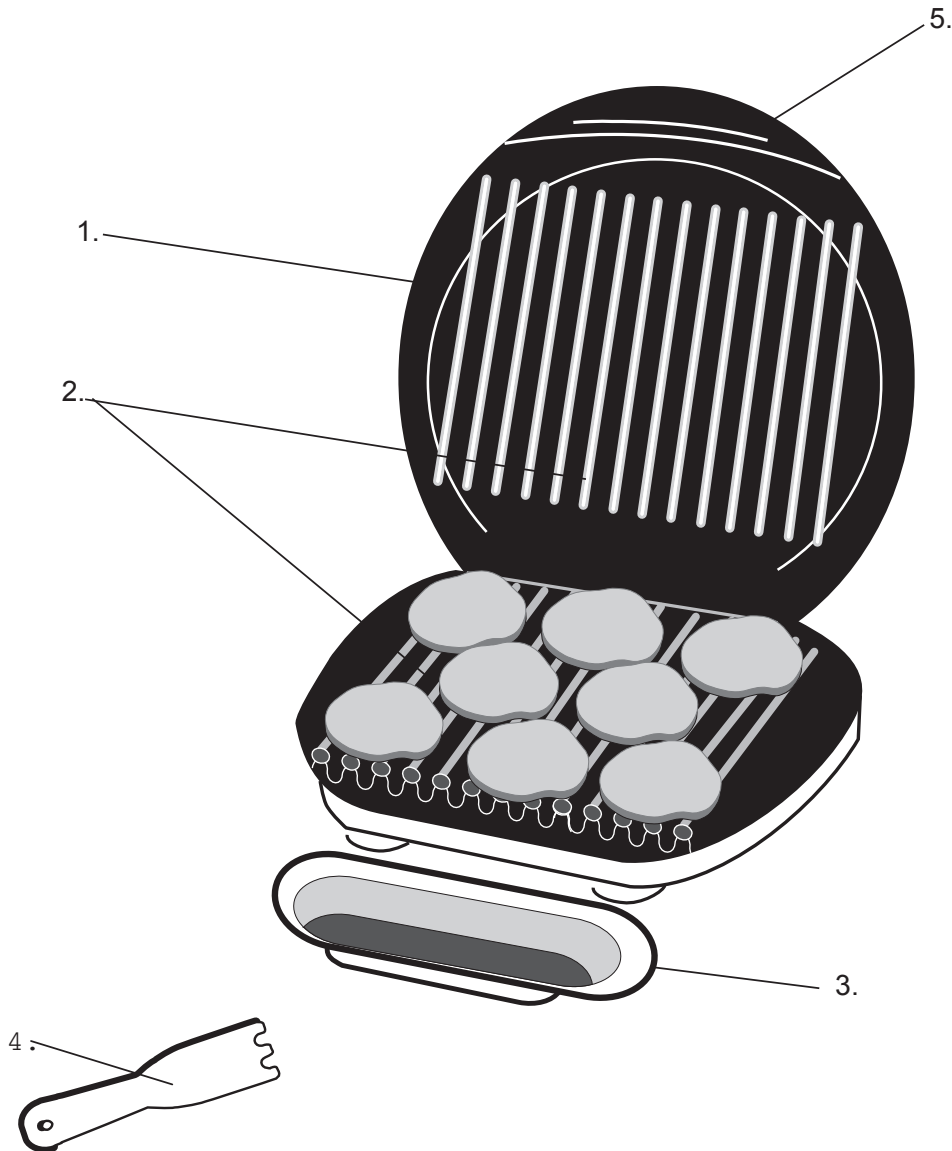
SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

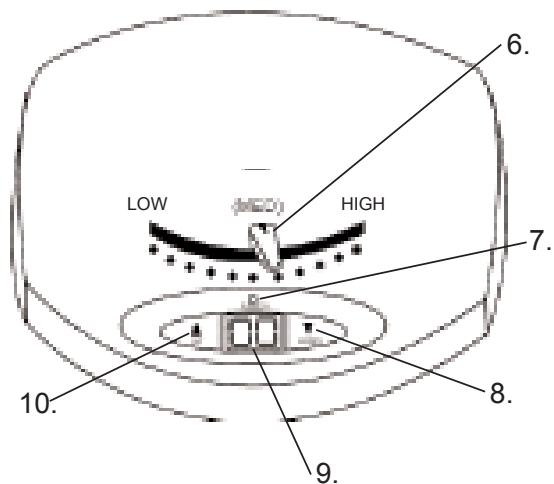
Additional Important Safeguards

1. ***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 damage to persons or property.***
2. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
3. The cord to this appliance should be plugged into a 230-240V AC electrical outlet only.
4. 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.
5. Do not leave this appliance unattended during use.
6. This appliance generates steam—do not operate in open position.
7. If this appliance begins to malfunction during use, immediately unplug cord from outlet. Do not use or attempt to repair the malfunctioning appliance. Contact Salton Customer Service (See back page for details)
8. ***To prevent accidental closing and injury, using pot holder, hold the top cover (Lid) open while placing or removing food on the cooking surface.***

Getting To Know Your GR36VTT Grilling Machine



1. Grilling Machine Body
2. Grilling Machine Grilling Plates
3. Drip Tray (P/N 21274)
4. Plastic Spatula (P/N 20147)
5. Handle



6. Variable Temperature Control
7. Power On Indicator (LED)
8. Timer Down Button
9. Timer Display (LED)
10. Timer Up Button

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

1. Before using the Grilling Machine for the first time or if stored away for a long time, wipe the Grilling Plates with a damp cloth to remove all dust.
2. **To preheat:** Wipe the grill plates with a little cooking oil or butter. Do not use low fat spread - it may burn the grill. Close the Lid and plug cord into a 230-240V AC power outlet. The Indicator LED light will go on and the grilling plates will begin heating. At the same time the timer display will show a "5", indicating the start of the 5 minute pre-heat countdown. When the countdown is completed the unit will beep. The Timer Display will show "on" as a reminder that the power is still on.
3. Use a "pot holder" to carefully open the Lid.
4. Slide the grease catching Drip Tray under the front of the unit.
5. With a spatula or tongs carefully place the items to be cooked on the bottom grilling plate.
6. Close the Lid. The hinge will be articulated. **NB** The Grill plates should be roughly parallel to avoid uneven cooking. The hinge has a 'floating' design for even cooking, please do not think this is a faulty hinge. Press the Timer Up Button to set the desired grilling time. The Timer Display will show the set time. To adjust the Timer down, simply press the Timer Down Button. The timer can be set to a maximum of 20 minutes. Cooking times depend on type, thickness and volume of food.
7. The Variable Temperature Control allows you to cook your food at a specific heat setting (Minimum, Medium, or Maximum).
Adjust the Variable Temperature Control to your desired setting. See "Suggested Cooking Chart" on following page for specific details.
8. 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!**
During grilling, the Timer Display will begin counting down. When the set time has elapsed the unit will beep. **Reminder: The heat continues to be "on" until the appliance is unplugged.** So if you leave food on the grill after the set time has elapsed, it will continue being cooked.
9. After the desired amount of time, the food should be done. Check, if in doubt cook it a bit more.

10. Slide temperature control to "MIN". Disconnect the plug from the wall outlet. **Note: Some sparks may be visible while disconnecting from wall outlet. This is quite normal.**
11. Use a "pot holder" to carefully open the Lid.
12. 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 grilling plates.
13. When cool, the Drip Tray may be removed and emptied. **Be sure the liquid is cooled before removing Drip Tray.**

SUGGESTED COOKING CHART

GR36VTT George Foreman Grill

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. To be sure that the food is truly done, use a cooking thermometer. If the food does need more time to cook, reset the timer and check periodically so you do not overcook.

Item	Temperature		
	Low	Medium	High
Frozen Burgers (200g)	6-7 mins	5-6 mins	4-5 mins
Frozen Burgers (50g)	5-6 mins	4-5 mins	3^{1/2} - 4^{1/2} mins
Home-made Beef Burgers (1.25cm thick / 150g)	5-6 mins	4-5 mins	3-4 mins
Sausages (thin)	6-7 mins <i>(Best on Low- Medium)</i>	5-6 mins	4-5 mins
Porterhouse Steak (1.25 cm thick)	5-6 mins	4-5 mins	3-4 mins <i>(These times are for rare meat. Best cooked on Medium or High and allowed to "rest" for a minute before cutting).</i>
Chicken Fillet (250 g)	6-8 mins	5-6 mins	4-6 mins <i>(Best on Low or Medium. Ensure that meat is cooked through).</i>
Scallops	3^{1/2}-4 mins	2^{1/2} - 3 mins	1^{1/2} - 2^{1/2} mins <i>(Be careful not to overcook these delicate shellfish - cooked best on Low or Medium, they are cooked as soon as the flesh is opaque).</i>
White Fish Fillets	6-8 mins	5^{1/2} - 7 mins	5- 6^{1/2} mins <i>(Timing may vary depending on thickness of fillet and density of flesh. Check during cooking to avoid overcooking).</i>
Salmon Fillets	6-7 mins	5-6 mins	4-5^{1/2} mins <i>(As above. Best cooked on Medium and allowed to "rest" for a minute or two before eating - fish will continue cooking slightly).</i>
Salmon Cutlets	6-7 mins	5-6 mins	4^{1/2} - 5^{1/2} mins <i>(Salmon cutlets need to be tested during cooking as the flesh section close to the bone is usually thicker and the outer portions can overcook).</i>
Lamb Cutlets	4 1/2 mins	3-4 mins	2^{1/2} - 3^{1/2} mins <i>(Select cutlets of even thickness if possible. Meat continues to cook for a minute after removing from heat).</i>
T-bone steak	-	-	5-6 mins <i>(Because of thickness of the bone and variable thickness of the flesh on each side of it, it is best to turn the steak once during cooking time. Best results are achieved by cooking on High).</i>
Mushrooms	2-3 mins	1^{1/2} - 2 mins	1 - 1^{1/2} mins <i>(For small cap or small flat mushrooms. Large mushrooms will take a little longer. Best cooked on Low or Medium. They will continue cooking for a minute or two after removal from heat).</i>
Onion & Capsicum Medley	10-12 mins	8-10 mins	7-9 mins <i>(Slice onions and capsicums fairly thinly and spray with a little oil. Move on the grill occasionally, using spatula provided..... great topping for hamburgers or steaks).</i>

Recipes

NOTE: For all recipes, please remember to place Drip Tray in front of the Grilling Machine to catch drippings from the cooking process.

GEORGE FOREMAN'S POWERBURGER Serves 4

A flavorful hamburger that we think tastes even better than its all-meat cousin! It pays to eat meals that minimize meat. To reduce saturated fat in a typical burger, you can cut back on the amount of meat and make up for it with plant-based ingredients. Bread crumbs and chopped vegetables have been added in this recipe. You could also try cooked rice, other grains or cereal. In addition, choose whole wheat buns; they typically contain one less fat gram than regular or even reduced-calorie buns.

If you settle for nothing less than a cheeseburger, Swiss cheese is 1 gram lower in fat than Cheddar, American or Monterey Jack with 8 grams of fat versus 9 in each ounce (30 grams) of cheese. However, reduced fat cheeses like Cheddar or Swiss contain half the fat with 4 grams fat per ounce (30 grams). Mustard contains 1 gram of fat per tablespoon versus a whopping 11 grams of fat in a tablespoon of mayonnaise.

Top your burger in healthful style with dark, leafy green lettuce, shredded cabbage, fresh coriander, basil or spinach.

1/4 cup very finely chopped vegetables such as spring onions, zucchini, red or green capsicum or carrot

1/4 cup fresh breadcrumbs

2 TB chopped parsley or mixed herbs

750gr lean minced steak

In a medium sized bowl combine chopped vegetables, herbs and breadcrumbs. Add the minced steak and mix well, using hands. Shape the mixture into four large patties.

Preheat Grill.

(1) HIGH: Preheat Grill. Set on High for 3 1/2 - 4 1/2 minutes, arrange patties on hotplate and cook patties until juices run clear.

(2) MEDIUM: Preheat Grill. Set on Medium 4 1/2 - 5 1/2 minutes and cook as above.

(3) LOW: Preheat Grill. Set on Low 5 - 6 1/2 minutes and cook as above.

SAUSAGE TEXAS STYLE 8 patties

For best - and healthiest - results use high quality lean minced steak.

1 lightly beaten egg white
1/3 cup very finely chopped onion
1/4 cup soft breadcrumbs
1/4 cup finely chopped green chilli peppers (or to taste)
1 large clove garlic, crushed or finely chopped
2 TB finely chopped coriander or preferred herb
1 TB apple cider vinegar
1 1/2 teaspoon chilli powder or to taste
1/4 teaspoon sea salt
1/8th teaspoon cayenne pepper
250gr premium minced steak

In a mixing bowl combine egg white, onion, breadcrumbs, chopped chilli peppers, coriander, vinegar, chilli powder, salt and cayenne pepper. Add the minced steak and blend thoroughly, using hands for best results.
Shape the mixture into 8 patties.

(1) HIGH: Preheat Grill. Set on High for 4 1/2 - 6 minutes and arrange patties on the hotplate. Cook until juices run clear.
(2) MEDIUM: Preheat Grill. Set on Medium for 6 - 7 minutes and arrange patties on hotplate. Cook as above.
(3) LOW: Preheat Grill. Set on Low for 7 - 8 minutes and arrange patties on hotplate. Cook as above.

NOTE: For best results cook on High or Medium.

GRILLED VEGETABLES Serves 2 - 4

6 slices eggplant, thickly sliced
2 small onions, thickly sliced
2 small zucchini, thickly sliced
2 small tomatoes, thickly sliced
2 cloves garlic, peeled and slivered
6 mushrooms, halved
Extra light olive oil spray

Preheat George Foreman Grill. Lightly spray hotplates with olive oil.

(1) HIGH: Set Grill on High for 2 - 3 minutes and cook eggplant slices, add garlic, onion and zucchini slices and cook for another 3 - 4 minutes, add tomatoes and mushrooms and cook for a further 1 - 2 minutes.

(2) MEDIUM: Set Grill on Medium for 3 - 4 minutes and cook eggplant slices, add garlic, onion and zucchini slices and cook for a further 4 - 5 minutes, add tomatoes and mushrooms and cook for a further 2 - 3 minutes.

(3) LOW: Set Grill on Low for 4 - 5 minutes and cook eggplant slices, add garlic, onion and zucchini slices and cook for a further 5 - 6 minutes, add tomatoes and mushrooms and cook for a further 3 - 4 minutes.

Serve as an accompaniment to meat and pasta or serve in pita bread or French bread as a grilled vegetables sandwich.

Vegetables may be sprinkled with fresh chopped herbs and a little seasoned pepper before serving.

ROSEMARY LAMB CUTLETS Serves 4

8 lamb cutlets, trimmed of fat
1 TB finely chopped fresh rosemary
seasoned pepper to taste

Combine rosemary and pepper and press into the surface of the meat. Preheat the George Foreman Grill.

- (1) HIGH: Set Grill on High and cook for 2 1/2 - 3 1/2 minutes.
- (2) MEDIUM: Set Grill on Medium and cook for 3 - 4 minutes.
- (3) LOW: Set Grill on Low and cook for 4 - 5 minutes.

For best results, select cutlets of an even thickness, if possible. Cooking time will vary slightly depending on thickness of meat and will continue cooking for a minute after removing from heat.

NOTE: Lamb chops of even thickness may be substituted for cutlets. Depending on thickness, allow double the cooking time for cutlets. For best results, cook on Medium or High.

MARINATED CHICKEN FILLETS Serves 4

4 x large chicken fillets
3 TB light soy sauce
3 TB orange juice
2 teaspoons honey
1 clove garlic, crushed
1/3 teaspoon chilli powder (optional)
Extra Light Olive oil

Slightly flatten fillets to an even thickness. Mix together marinade ingredients in a shallow bowl, add the fillets and turn until coated. Allow to marinate for at least 1 hour. Shake lightly before cooking to remove excess marinade.

- (1) HIGH: Preheat Grill. Lightly spray with extra light olive oil. Set on High and cook the fillets for 4 1/2 - 5 1/2 minutes, ensuring meat is cooked through.
- (2) MEDIUM: Preheat Grill. Lightly spray with extra light olive oil. Set on Medium and cook the fillets for 5 - 6 minutes or until cooked through.
- (3) LOW: Preheat Grill. Lightly spray with extra light olive oil. Set on Low and cook the fillets for 6 - 7 minutes until cooked through.