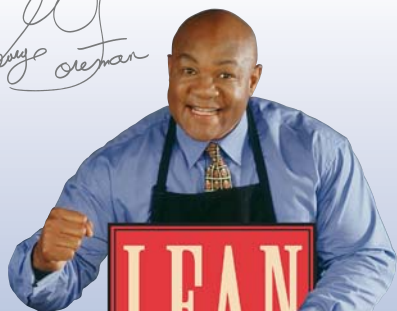


# GEORGE FOREMAN



**LEAN  
MEAN  
ELECTRIC  
GRIDDLE  
MACHINE**

**ELECTRIC  
GRIDDLE**

**Recipes**

**healthPower**

*The Adventure continues...*



## GRIDDLES

The flat, uninterrupted surface of the George Foreman Electric Griddle provides plenty of extra cooking space in any kitchen!

What I like best is it is so incredibly easy to clean. Food doesn't stick because of the non stick plate and any fats from bacon or sausages are pushed into the drip tray - making healthier cooking simple!



Best of all, when the griddle's heat controller is removed, the unit is fully submersible in warm, soapy water.

Because it is so safe and easy to use, it is a simple way to encourage those ever-hungry teenagers to learn how to cook their own burgers and snacks – and they only have to wipe the hotplate afterwards!

We offer a few recipe suggestions here, but once you start to use your George Foreman Electric Griddle on a regular basis, you'll find all kinds of creative ways to make it work for you. Even something as simple as maintaining heat in a cooked casserole... it's much more energy efficient than reheating the oven! Just sit the casserole on the heated surface until you are ready to serve – and there you go!

I'm sure you will find this new addition to the George Foreman range another great kitchen mate!

**Ann Creber**  
Nutritionist & Epicurist

# ZUCCHINI & CHEESE FRITTERS

## Serves 4

Excellent served with meats or as a light lunch with salads.

- **4 medium large zucchini, grated**
- **2 tablespoons flour**
- **2 eggs, beaten**
- **½ cup grated tasty cheese**
- **1 tablespoon chopped parsley or mint**
- **1 tablespoon extra light olive oil**
- **Little salt and pepper**

Place the grated zucchini into a bowl, sift, stir in beaten eggs, grated cheese, oil, parsley or mint and salt and pepper. Mix lightly but thoroughly.

Preheat Griddle to '3', place eight large spoonfuls of the zucchini mixture onto the hotplate, and flatten lightly with a spatula or plastic egg slide. When browned on underside, turn and cook through. This should take only a few minutes.

Serve with a cheese sauce, if desired.

# TORTILLAS WITH MARINATED CHICKEN STRIPS

## Makes 4

We suggest tortillas but any kind of bread wrap will work well.

### CHICKEN STRIPS

- 2 skinless chicken fillets, trimmed of fat
- 2 tablespoons taco sauce
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika

### FILLING

- 4–6 Tortillas
- Finely shredded lettuce
- ½ cup canned chickpeas, well drained
- ½ avocado, peeled and diced
- 1 ripe tomato, seeded and diced
- ½ small red onion, diced
- Squeeze of lemon juice
- ¼ cup taco sauce
- Little light sour cream
- Fresh coriander

Flatten chicken fillets. Mix together taco sauce, olive oil and smoked paprika. Brush over the chicken fillets and refrigerate for up to one hour.

Preheat Griddle to '3' and place fillets onto hotplate. Pressing down with a spatula, cook on both sides until cooked through. Remove from Griddle and shred the chicken.

Spread tortilla flat, place a strip of shredded lettuce down one side, top with mixed chickpeas, avocado, tomato, onion, lemon juice and taco sauce. Top with the shredded chicken and roll up. Serve with a spoonful of sour cream and fresh coriander sprigs. Additional taco sauce may be served on the side.



## GRILLED ASPARAGUS WITH HALOUMI & MARINATED OLIVES

This may be served as a first course or as a delicious snack. Just adjust quantities to meet your needs! Choose thickish asparagus spears...

- **Asparagus spears**
- **Haloumi cheese**
- **Marinated black olives**

Trim the hard ends from asparagus spears and slice Haloumi cheese. Preheat Griddle to '4', arrange asparagus on hotplate and grill one side until just coloured, turn over, reduce heat and continue cooking on '3' until tender.

After about 4 minutes, also place Haloumi on the hotplate, cook underside for a couple of minutes, turn over and cook the second side.

Transfer cooked asparagus to heated plates, top with Haloumi and scatter a few marinated olives around. Drizzle on some of the marinade.

Olives may be marinated several days ahead. Drain olives well (if in brine), place into a bowl and cover lightly with extra virgin olive oil. Add a sprinkling of crushed dried chilli, some coarse pepper, zest of a lemon and a sprinkling fresh thyme leaves. Stir together, place into a jar and chill until ready to use. Bring to room temperature before serving.



# **BIG BOY BURGER ON A WHOLEMEAL BUN**

## **Serves 2**

It is hard to beat a good burger for flavour and satiety...and the Griddle provides the perfect cooking medium.

### **BURGER**

- **250g lean minced steak**
- **2-3 teaspoons light olive oil**
- **1 tablespoon finely chopped mixed herbs**
- **Little salt and pepper**

### **FILLING**

- **2 small white onions, thinly sliced**
- **Sliced tomato**
- **Shredded lettuce or baby Cos leaves**
- **Sliced home-cooked beetroot (optional)**
- **Salt and pepper to taste**
- **2 large wholemeal buns**
- **Little butter (optional)**
- **Preferred relish**

Prepare vegetables. In a bowl, mix together steak, oil, herbs and salt and pepper. Shape into two rounds, flatten. Preheat Griddle to '2' or '3'. Spray with a little olive oil and place onion on top. Using a spatula, toss and turn onions until softened and lightly golden. Set aside and keep warm.

Wipe down Griddle, reheat to '3'. Place the burgers onto the griddle, pressing down lightly with the spatula. Continue cooking until well browned on the underside, turn and cook as preferred.

Split and lightly butter the wholemeal rolls. Arrange shredded lettuce or baby cos leaves on the base, add the cooked onion and tomato (and beetroot, if using), and top with the cooked burgers. Spoon on preferred relish. Set the top of the bun in place, press down lightly and serve at once – with paper napkins!

# CHAR-GRILLED TUNA WITH CAPERS

## Serves 2

Timing depends on how rare you like your tuna! If you like it seriously under cooked; grill only until exterior is charred. If you prefer it less rare, cook on '4'.

### STEAKS

- 2 tuna steaks
- A little olive oil
- Lemon juice

### SIDE DRESSING

- ¼ cup good quality mayonnaise
- Generous squeeze of lime or lemon juice
- ½ teaspoon drained, chopped caper
- 1 cornichon / gherkin, finely chopped
- Pepper to taste

Mix together olive oil and lemon or lime juice in a flat dish. Turn the fish in the mixture several times until well coated. (It may be chilled until required.)

To cook, preheat Griddle to either '4' or '5'. Place the fish on the Griddle and watch closely to cook as desired, turning once with tongs.

Meantime, mix together the mayonnaise and other ingredients. Place the tuna onto heated plates and serve the dressing on the side. Accompany with salad and baby steamed potatoes or large chips.

# **PORK & VEAL PATTIES WITH MUSHROOM SAUCE**

**Makes 4**

## **PORK & VEAL PATTIES**

- 500g lean pork and veal mince
- 250g Swiss Brown mushrooms, very finely chopped
- 2 spring onions, finely chopped
- 1 free-range egg, beaten
- 1 teaspoon grated lemon zest
- Salt and pepper

## **MUSHROOM AND ONION SAUCE**

- 2 tablespoons butter or dairy blend
- 250g Swiss Brown mushrooms, sliced
- 1 medium white onion, thinly sliced
- Salt and pepper
- 1/3 cup light sour cream
- 1 teaspoon chopped fresh oregano

In a bowl, mix together meats, chopped mushrooms, spring onions, beaten egg, lemon zest and seasoning for the patties. Mix very thoroughly.

Preheat Griddle to '5'. Divide the meat mixture into four portions, shape into patties. Arrange on the Griddle, brown underside quickly then reduce heat to '3'. Cook for several minutes before turning over patties with a spatula or plastic egg slide. Raise heat slightly until surface is sealed, reduce heat and continue cooking until patties are cooked through.

While they are cooking, prepare the sauce. Melt butter in a pan; sauté the mushrooms and onion until tender. Season to taste, stir in the light sour cream and oregano and mix well.

Serve the patties on a warm plate, topped with Mushroom and Onion Sauce and accompanied by a salad of chopped tomatoes, avocado and red onion, tossed with chopped fresh herbs and a dash of virgin olive oil and balsamic vinegar.



# GRIDDLE GRILLED SWEET PINEAPPLE WITH BERRIES

**Serves 4**

This is an easy dessert, but quite delicious.

- **4 slices canned pineapple in syrup\*, well drained**
- **Honey or dark brown sugar**
- **Strawberries**
- **Blueberries**
- **Orange zest**
- **Vanilla ice cream**
- **Crisp biscuit**

Slice or halve strawberries and place into a bowl with the blueberries and orange juice, drizzle on a little honey with a little brown sugar. Allow to macerate for up to one hour.

To serve, preheat Griddle to '3'. Place the pineapple slices onto the surface, grill until underside is golden brown, turn and grill second side.

Place onto small serving plates; place a small scoop of ice cream onto each, top with the berries and serve with a crisp biscuit. Garnish with a small sprig of mint.

\*Very sweet, ripe fresh pineapple may be substituted. Remove the hard centre core.

NOTE: A little toasted shredded coconut may be sprinkled on top.

# PIKELETS

**Makes about 30**

My Scottish nanna used to make these on a cast-iron griddle heated on her wood stove! She called them Girdle Cakes and served them with jam and cream. I like them with a little butter and jam or honey.

- **1 cup self raising flour, sifted**
- **1/3 teaspoon bi-carb of soda**
- **Pinch salt**
- **2 tablespoons castor sugar**
- **1 egg, beaten**
- **Approx. 3/4 cup milk**
- **1 teaspoon white vinegar**
- **2 teaspoon softened butter or extra light olive oil**
- **1/2 teaspoon vanilla essence**

Mix together sifted flour, soda, salt and castor sugar. Make a well in the centre, pour in the beaten egg, milk and vinegar, and add the softened butter or oil and vanilla.

Beat until mixture is smooth. If it seems too thick to drop easily from a spoon, add a little more milk.

Preheat Griddle to '3'. Drop the mixture onto the surface in small quantities (less than 1 tablespoon), reduce heat slightly and cook until bubbles appear on the surface. Flip over with a spatula or plastic egg slide and cook the second side. As soon as underside is browned, remove and cool on a wire rack or kitchen paper. Serve warm or cold.

# FRENCH CREPES

## Makes 6

You might have to use a little experimentation to get this right. My tip is to spread the mixture quickly onto the preheated Griddle with the back of a large spoon to make it very easy!

- **1 cup plain flour**
- **2 tablespoons castor sugar**
- **3 medium eggs**
- **1 ¼ cups milk**
- **30g melted butter**
- **2 tablespoons orange liqueur\* (optional)**

Sift flour into a bowl, add the castor sugar. Beat together eggs and milk, pour gradually into the flour, whisk until mixture is light, then stir in the butter and, if using, liqueur. Transfer the mixture to a jug.

Preheat Griddle to '3'. Pour about ¼ cup of crepe mixture onto the surface, spreading quickly and evenly to create a thin crepe. As soon as crepe browns lightly, turn over with a spatula and cook the second side.

Stack the crepes on a plate with sheets of kitchen parchment between.

Crepes may be frozen successfully.

\*With the addition of orange liqueur, these are an excellent base for Crepe Suzettes. Also delicious served with sweetened berries and berry puree.



# HEARTY EGG & BACON BREAKFAST

## Serves 2

You'll soon develop the knack of expertly flipping over the eggs! And no messy pans to clean afterwards... I don't oil the griddle surface but you might like to give it a very light spray with oil when it has heated.

- **4 medium sized free range eggs**
- **8 rashers of lean bacon**
- **4 thick slices of ripe but firm tomato**

Preheat hotplate to '3'. Place four metal egg poacher rings onto the surface carefully break an egg into each. Arrange the bacon on the surface.

Cook eggs until they are just beginning to firm and then prick the yolk with a knife to allow it to run slightly. After just a minute, carefully slip the spatula or plastic egg slide under each ring and quickly turn over. Cook for another 30 seconds, then slip onto heated plates, remove from metal rings and keep warm.

Meantime, turn the bacon once, pressing it down with the spatula. Place the tomato slices on the griddle, brown underside lightly, then turn with the spatula and place onto plates. When bacon is lightly browned, arrange on plates. Serve with hot buttered toast.

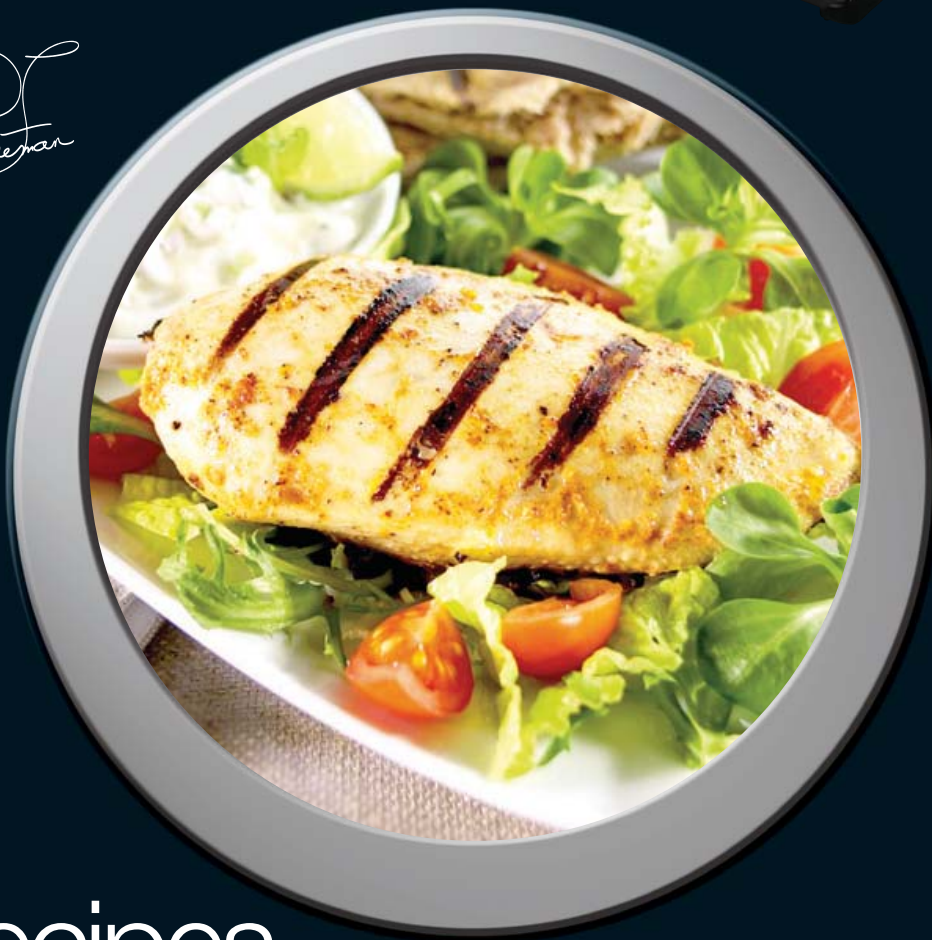
# George Foreman

## Grill & Griddle

Model GF64G



*George Foreman*



# Recipes

created by Epicurist Ann Creber



### **quick and easy grilled bananas**

- 2 bananas, peeled
- 2 tbsp walnuts, finely chopped
- 2 tbsp sugar
- ½ tsp cinnamon

Finely chop the walnuts, and mix them with the sugar and cinnamon in a bowl.

Split the bananas lengthwise, then cut them across their width.

Lay the bananas on the grill, with the flat sides uppermost, and spoon the mixture on top of them.

Grill till the bananas are warm and the cinnamon and walnuts are slightly glazed (3-4 minutes).

**serves 2**



### **grilled strawberry maple sponge**

- 1 low-fat sponge, cut into 8 slices
- ¼ cup maple syrup
- 2 cups fresh strawberries, cleaned and sliced
- 1 cup non-fat whipped cream topping

Cut the sponge into 8 pieces, lay them on the grill, brush with maple syrup, and grill for 3-5 minutes.

Remove from the grill, top with strawberry slices and whipped topping.

**serves 4**



### **vanilla fruit kebabs with a quick creamy dip**

- ½ fresh pineapple or a tin of pineapple chunks
- 1 small orange
- 2 bananas
- 2 peaches or nectarines
- 1 tsp brown sugar
- 4 tbsp orange juice
- 2 small tubs fruit fromage frais OR low fat fruit yoghurt
- 1 tsp vanilla extract
- 8 wooden skewers, soaked in water then patted dry

Cut the fruit into chunks and marinate for about 10 minutes in the orange juice, brown sugar, and half of the vanilla extract.

Thread the marinated fruit chunks on the skewers, and grill for 4-6 minutes.

Mix the fromage frais with the other half of the vanilla extract as a dip for the kebabs.

**serves 4**



### warm Asian-style noodle and tofu salad

- 60g buckwheat or soba noodles
- 250g pre-cooked tofu, drained and cubed
- 1 carrot, peeled and grated into long strips
- 1 head pak choi, shredded
- ½ zucchini, cut into long strips
- ½ red onion, cut into strips
- small handful fresh coriander leaves, torn

#### marinade

- 1 garlic clove, crushed
- 1 red chilli, de-seeded and finely chopped
- 2 tbsp reduced sodium soy sauce
- 1 tsp sweet chilli dipping sauce
- 1 tsp sesame oil
- juice of ½ lime

Combine the marinade ingredients in a bowl, add the tofu, and refrigerate overnight. Boil two litres of water in a large pan, add the noodles, bring back to the boil, and boil for 10 minutes, drain, transfer to a serving dish, and keep warm.

Grill the marinated tofu till golden brown (2-3 minutes), then remove and set aside.

Grill the carrot, zucchini, pak choi and onion for 30-60 seconds to wilt them.

Lay the wilted vegetables on the noodles, top with the grilled tofu, and garnish with the coriander and a squeeze of lime juice.

serves 2



### wholegrain panini with feta, red onions and red capsicum

- 2 thick slices wholegrain or wholewheat bread
- 50g reduced fat feta cheese
- ½ red onion, cut into thin strips
- ½ red capsicum, cut into strips
- 2 tbsp balsamic vinegar
- ½ tsp fresh ground black pepper

Mix the red onion, red capsicum, balsamic vinegar and black pepper in a bowl.

Grill the mixture till softened (1-2 minutes), and lay it on a slice of bread.

Coarsely crumble the feta apart, sprinkle over the mixture, and top with the other slice of bread.

Clean the grill, and grill the panini for 2-3 minutes. Serve with a watercress and tomato salad.

serves 1



### the original burger

- 500g/1lb lean minced beef
- 1 tbsp Worcestershire sauce
- 1 tsp black pepper
- 1 red onion
- 4 wholegrain burger buns

tomato, lettuce, dill pickles, etc. to garnish

Combine the mince, Worcestershire sauce and pepper, and shape into 4 burgers.

Slice the onion into 12mm/1/2" thick slices.

Grill the burgers for 4 minutes, top each with an onion slice, then grill for 3-4 minutes more.

Serve the burgers on the rolls with your choice of garnish (tomato, lettuce, dill pickles, etc.).

serves 4



### smoked trout panini with tomatoes and crème fraiche

- 2 small cooked smoked trout fillets
- 2 thick slices wholegrain/wholewheat
- 4 cherry tomatoes, halved
- 1 large handful watercress

#### dressing

- 2 tbsp reduced fat crème fraiche
- 1/2 tsp lemon zest, grated
- squeeze lemon juice
- 1 tsp black pepper

Mix the dressing ingredients and refrigerate.

Flake the trout on a slice of bread, top with tomatoes and watercress, then the other slice, cook for 2-3 minutes, add the dressing, and serve.

serves 1



### healthy pizza pitta pockets

- 2 slices lean ham or turkey (cooked)
- 50g/1 1/2oz reduced fat mozzarella
- 2 wholemeal pitta breads
- 2 tomatoes, thinly sliced
- 2 mushrooms, thinly sliced
- 1/4 small white onion, thinly sliced
- 1/4 red capsicum, diced
- 1 tbsp tomato purée
- 1 tsp olive oil
- 1 tsp chopped mixed herbs (eg thyme, basil, parsley, oregano)

Slit open each pitta bread to form pockets, and spread the tomato purée inside each pocket.

Cut the ham/turkey into strips, turn them in a bowl with the other ingredients, rest for half an hour, then fill the pitta pockets and grill for 3-5 minutes.

serves 2



### Mediterranean beef and vegetable grill

- 500g porterhouse or rump steak
- 1 small eggplant, cut into 8 pieces
- 1 small tomato, cut into 8 pieces
- 1 small onion, cut into 8 pieces
- 1 green pepper, cut into 8 pieces
- 1 tbsp balsamic vinegar
- 1 tsp fresh ground black pepper
- 1 clove garlic
- 8 wooden skewers, soaked in water then patted dry

Mix the vinegar, pepper and garlic granules in a bowl.

Freeze the steak for 30 minutes to make it easy

to cut, then cut it into thin strips, across the grain, discarding any fat.

Thread 4 skewers through the steak strips, and the other 4 through the vegetables.

Grill the steak skewers for 4 minutes, then add the vegetable skewers to the grill.

Sprinkle the skewers with the vinegar, pepper and garlic mixture, and grill for 3-4 minutes more.



serves 4

### herbed chicken and mushroom kebabs

- 2 boneless, skinless chicken breasts
- 500g fresh whole mushrooms\*
- 1 tsp fresh chopped rosemary\*
- 1 tbsp fresh chopped parsley\*
- ½ tsp fresh chopped thyme\*
- ¼ cup lemon juice
- 2 tbsp white vinegar
- ½ cup low fat chicken stock
- 1 tsp black pepper
- 8 wooden skewers, soaked in water then patted dry

Use a lidded casserole dish big enough to hold the chicken, mushrooms and marinade.

Mix the rosemary, parsley, thyme, juice, vinegar, stock, salt and pepper in the dish.

Cut the chicken into 2.5cm cubes, add the cubes to the dish, and turn till they're well coated.

Add the mushrooms, and turn very gently, so you don't break them apart.

If the mushrooms are big, remove the stalks, then cut the heads into two, and cut the stalks half way down their lengths.

Cover and refrigerate for 4-12 hours, turning occasionally.

Thread the chicken and mushrooms on the skewers, and grill till the chicken is cooked through (5-7 minutes). Discard the marinade.



serves 4

*\*Dried herbs can be used as a substitute to fresh.*

*\*To save time, substitute whole mushrooms with button mushrooms, which don't need to be cut.*

## a few recipes to get you started

- Preheat the grill before cooking.
- When times are shown as a range (e.g. 5-7 minutes), we suggest you cook for the minimum time, then start checking the food for readiness.

### sausage and herb stuffed pork

serves 4

- 250g prepared sausage, uncooked
- ½ cup fresh breadcrumbs
- 2 tbsp fresh parsley
- ½ tsp thyme
- ½ tsp marjoram
- 1 tsp fresh ground black pepper
- 2 pork fillets
- 8 toothpicks, soaked in water then patted dry

Remove the sausage casings, and mix the sausagemeat, breadcrumbs, parsley, thyme, marjoram and pepper in a bowl.

Cut each pork fillet in two, then cut a slit sideways into each piece to make a pocket.

Stuff the pockets with the mixture, and fasten the edges with toothpicks.

Grill till the pork and stuffing are cooked through (6-8 minutes).



### chicken tandoori with spiced yogurt marinade

serves 4

- 2 boneless, skinless chicken breasts
- 200-250g carton plain low-fat yogurt
- 1 tbsp lemon juice
- 2 tsp paprika
- 2 garlic cloves, minced
- ½ tsp ground ginger
- ½ tsp cumin
- ½ tsp cayenne pepper
- ½ tsp cinnamon

Use a lidded casserole dish big enough to hold the chicken and the marinade.

Mix the yogurt, lemon juice, paprika, garlic, ginger, cumin, cayenne pepper and cinnamon in the dish.

Cut each chicken breast into two, add them to the dish, and turn till they're well coated.

Cover and refrigerate for 1-8 hours, turning at least every hour.

Remove chicken & grill the chicken till it's cooked through (5-7 minutes).

Discard the marinade.

